

THE VALLEY AND EAST COAST VOICE

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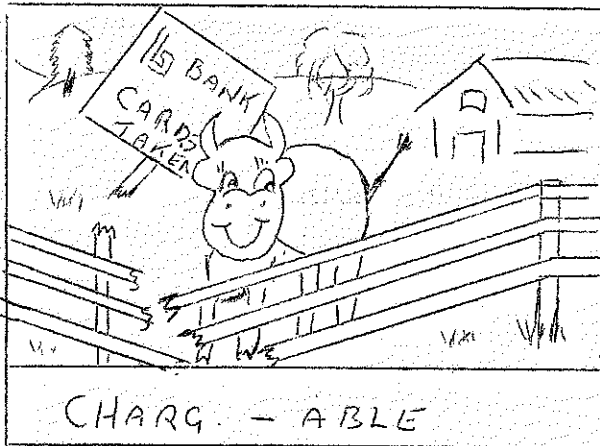
EDITORIAL

LENT AND HEALTH

With the commencement of Lent we feel that Christmas is barely over before Easter is here. Easter Sunday always comes first full moon after 21st March. Therefore the 22nd March is the earliest date for Easter and the 25th of April the Latest date.

Lent was so called after the lengthening of the days heralding the approach of Spring. It begins with Ash Wednesday and ends at Easter. The name Ash Wednesday was derived from the custom of sprinkling ashes on the forehead of penitents on that day. Christians all over the world celebrate this 40 day period of Lent in commemoration of Jesus fasting in the wilderness. They use it as a special time of prayer, penitence, restraint and fasting. By so doing, they are refreshed both spiritually and physically. Christians know that well-being and peace of mind are the results of communication with God and that good health is something most people can enjoy. Of course, some illness is unavoidable but our bodies are designed to resist and fight illness. We abuse this gift largely by our eating habits. Fasting, therefore has a great significance during Lent. For at least one short period we give our bodies the chance to rid themselves of the impurities and toxins that accumulate due mainly to our over indulgence in the "good" food so readily available. Fasting does not mean starvation. It is the voluntary abstaining from food or certain kinds of food.

How much refined or pre-prepared foods is your family eating? It is so easy to open a tin or packet of food. The basic ingredients of such foods are good but many labels read -"preservatives added" - "artificial colouring and flavourings added". We rarely stop to think what this implies. Most preservatives destroy some of the food values while most of the artificial colourings and flavouring are chemical based. Thankfully, in Australia, food companies adhere to strict health standards so these effects are minimal. Also, our bodies have a good tolerance



to such additives provided they don't constitute our continual basic diet. This also applies to refined foods for much of the nutrients are destroyed during processing. Unrefined foods are similar in taste and much more beneficial. Processed foods are certainly pleasing to the eye and palate and are convenient and easy to prepare but our bodies deserve foods that do not contain unnecessary additives or have food values destroyed if they are to operate efficiently and effectively.

It takes time and effort to grow our own fruit and vegetables organically and to bake goodies ourselves from ingredients we know but it is well worth the effort. So throughout Lent, at least, why not use some of your time in nurturing your spiritual and physical development.

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RETURN THANKS CLASSIFIEDS

THE WIFE, SONS and FAMILY of the late Herbert Frank Cocker sincerely thank all those who sent flowers, cards and letters, those who called personally, those who paid tribute at the service and all those who in other ways were so kind and thoughtful in our sad loss of a loving husband, father and grandfather. Would you please accept this as our personal expression of gratitude and sincere thanks.

IN CASE OF A SNAKE BITE

The following recommended procedure for the treatment of snake bite in Tasmania is an amalgam of the recommendations of the various bodies who are experienced and expert in their respective aspects of the field of treatment of snake bite.

The recommended procedure is as follows, and is applicable to all case of known or suspected snake bites and for all types of Tasmanian snakes.

- 1.. For bites on the arm or leg, apply a low pressure constrictive bandage, not less than 1" width, to arrest lymphatic flow from the bite area. Release the constrictive bandage for 30 seconds every 1/2 hour. Application of pressure is only of value if applied within two or three hours of the time of bite. Proceed as outlined below. In the very unusual situation of bites other than on a limb, proceed as outlined below.
2. Wipe and wash the skin around the bite area. Do not incise the wound.
3. Apply mouth to mouth resuscitation if respiratory paralysis is evident.
4. Immobilize the limb and keep the patient calm, still and comfortable. Stop the patient from moving about. Transport the patient, in a lying position, quietly to hospital or medical aid.

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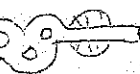
KINGS BUS SERVICE, St. Marys, St. Helens, Bicheno, Swansea. Phone Winnaleah 542251.


ANTIQUES....FOR SALE: Quality Period Furniture, China, Glassware and Jewellery, etc., at reasonable prices. ST. HELENS ANTIQUES, 37 Quail Street, St. Helens, Phone 761378 after hours.

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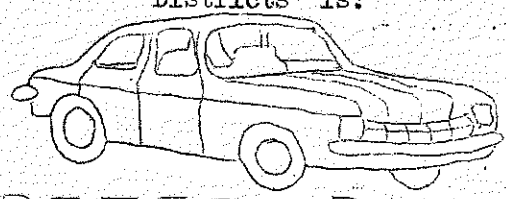
BURNS BRICKS - ST. HELENS
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FOR SALE.....Boys football boots, small size 12, size 7. WANTED TO BUY...Football boots size 1, size 9. Phone 722337.

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O P E N I N G -- Monday 28th February

E V E R Y T H I N G F O R T H E

H O M E G A R D E N E R

Phone 72 2227

WHATS ON

LADIES FELLOWSHIP

To commence for 1977 on Monday 28th February at L.B.S. Residence, St. Marys at 8 p.m. The night will be a social evening. ALL LADIES WELCOME.

WOMEN'S WORLD DAY OF PRAYER....Friday 4th March 11am. Holy Trinity Church St. Marys. ALL LADIES WELCOME

DROP-IN CENTRE RE-OPENS 6-9pm EACH FRIDAY AND SATURDAY NIGHT

PIFFLE

DAVID SCHIER of Falmouth won the Junior Sculls (Uni) at the Tamar Regatta. He also rowed in the Junior Fours.

MR. NED TAPP and MR. LIONEL SPILSBURY are both in hospital. Their many friends hope they will soon be home.

EASTER is not far away. Are you entering any paintings for the St. Helens Art Exhibition. Entry forms in St. Marys from Mrs. K. Lohrey.

ANNUAL MEETING of the Fingal Valley Welfare Committee of Senior Citizens at Cornwall Hall Monday March 21st at 7.30 pm. Guest Speaker: Hon. Eric Reece retired Premier of Tasmania.

ST. MARYS SNOOKER CLUB

A tournament has been organised and will be conducted by the St. Marys Snooker Club commencing at 7pm on Friday 25th of February. The competition will take place over three Friday nights, the third night being a finals night. A nomination fee of 50c will apply with a good prize going to the outright winner.

Nominations close with P. Krstic, R. Maher, G. Tapp, P. Lohrey or by written nomination attached to the notice board at the Snooker Room by 5pm on Friday 25th.

FINGAL BUFFALO LODGE Next meeting Friday 11th March (Changed from 18th)

GOLDEN YEARS CLUB Meeting and bowls Wednesday March 2 at 1.30pm

MOTHER'S UNION.....meets at Cornwall March 1 at 10.30 am. All ladies welcome.

SUNDAY SCHOOL....Cornwall Church of England Sunday School resumes on March 13th at 10.00 am. New scholars welcomed.

INDOOR BOWLS....Cornwall Hall - Friday 7.30pm Old and new players welcomed.

WHERE ARE OUR EMERGENCY SERVICES??

The Valley Voice understood that St. Marys had a fire engine. Has anyone seen it? Where is it kept? Who do we get in touch with when we have a fire? Fire engines are no good without water. Where are the fire hydrants? Has anyone any idea where to go for help? We would be glad to tell people if we knew.

THRIFT SHOP

February 25 - A. Colyer - U. Camplin
 March 4 - J. Bushing - M. Maney
 March 11 - D. Singline - L. Faulkner
 March 18 - Hospital fair

ST. MARYS HOSPITAL FAIR will be held in the Memorial Hall starting at 11 am.

BICHENO GARDEN CLUB SHOW will be held in the Hall at Bicheno March 5th opening at 2.30pm. A demonstration of wool-spinning will be held...

THE CHILD HEALTH CENTRE will be open at 12.30 on Friday 25th February. Sister Mary Ransom will be in attendance.

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KEEP AN EYE ON OUR WINDOW.

CHURCH NEWS

CATHOLIC PARISH OF ST. MARYS

St. Marys - St. Marys of the Assumption
Sundays March to December

Holy Thursday 7.30pm Mass
Good Friday 3.00 pm Mass
Easter Vigil Holy Saturday 7.30pm

St. Helens - SS Helena & Stanislaus
March, April, May, September, October,
November, December - Vigil Mass 6.30pm
Saturdays

Mass Good Friday 10.30 am
Easter Sunday 10.30 am and 12 noon

Fingal - St. Joseph

March - December 1st, 2nd and 4th
Sundays (3rd & 5th at Mangana - 10.30am
Easter Sunday 8.00 pm

Mangana - Our Lady of the Sacred Heart
3rd and 5th Sundays 10.30am

Bicheno - Community Church

1st and 3rd Sundays 4.00 pm

CONFESSIONS heard in each church 15 mins
before Mass and at other times as
announced. Any time by appointment.

WEEKDAY MASSES as announced on Sundays

PARISH PRIEST: Father Geoffrey Jarrett,
The Presbytery, St. Marys 7215.

ST. MARYS - ST. HELENS METHODIST CIRCUIT AND THE FINGAL PRESBYTERIAN CHURCH

February 27th

St. Marys	11 am	Vincent
St. Helens	7.30 pm	Vincent
Fingal	9.30 am	Vincent

March 6th

St. Marys	11 am	Vincent
St. Helens	7.30 pm	Vincent
Fingal	2.30pm	Vincent

CHURCH OF ENGLAND PARISH OF ST. HELENS

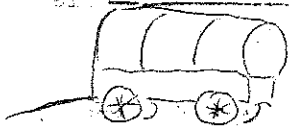
February 27th

8.00 am	H.C.	St. Helens
11.00 am	M.P.	St. Helens
11.00 am	H.C.	Pyengana
2.30 pm	E.P.	Scamander

March 6th

8.00 am	H.C.	St. Helens
9.15 am	H.C.	Falmouth
2.30 pm	E.P.	Goulds Country
7.30 pm	E.P.	St. Helens

♣-♣-♣-♣-♣-♣-♣-♣-♣



MEALS ON WHEELS



FEBRUARY/MARCH

Sunday	27th	Carol Faulkner
Monday	28th	Kath Lohrey
Tuesday	1st	Jess Cornelius
Wednesday	2nd	Jean Schier
Thursday	3rd	Jean Lohrey
Sunday	6th	Bob Cook
Monday	7th	Mary King
Tuesday	8th	Mary Targett
Wednesday	9th	Jean Smith
Thursday	10th	Keith Bullock

ST. MARYS

FINGAL

R.H. Yates
Mr. J. Woods
Mrs. O. Saunders

Mrs. B. Hughes
Mr. A. Oliver
Mrs. R. Saunders
Mrs. K. Johnson

Mrs. R. Marshall
(Jnr.)

MANGANA

Mrs. Sweeney
Mr. J. Miller

Mrs. M. Francis

Mrs. Sweeney
Mrs. J. Hall

Mr. J. Miller

FINGAL VALLEY FASHION WEAR

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SPORTS



Forthcoming events: Sunday 27th February, St. Helens Game Fishing Club Daily Day. Sunday 6th March, Scamander Angling Club surf contest at Wrindlers Beach - 2 to 3pm casting - 3 to 7pm surf fishing.

There have been no contests during the last fortnight and very little news of catches in the surf. This usually means that no fish have been caught as most anglers are not backward in advertising their success. On the other hand, game fishermen have been making almost daily reports of good catches. Last Friday, an angler on "Miss Behave" hooked a shark estimated at 400lbs but after 15 mins. the fish was able to break a line of 100lb breaking strain. We also have the story of a Scamander Angler, known to his friends as "Father", who tried fishing without a hook. After several Albacore had been landed aboard "Miss Behave", the mate commented that one fish had a hook in its mouth. All agreed that this was unusual and all but "Father" wound in and checked their gear. On crossing the barway, all lines were brought in and "Father" discovered that he had been trailing a lure but no hook.

Back to the Law on Amateur Fishing - Beach seine nets must be no longer than 50 metres and have a mesh not smaller than 3 centimetres (1.181"). A grawl net must be no longer than 50 metres and have a mesh no smaller than 10 centimetres (3.937"). Remember, netting is prohibited in coastal rivers and lagoons.

EAST COAST PENNANT MATCHES

St. Marys	v	St. Helens
G. Oliver 35	d	C. Fysh 13
J. Brennan 26	d	G. Morling 17
F. Singline 12	lost to	E. Woolley 34
<u>73</u>		<u>64</u>
M. Oliver 18	d	H. Burke 14
I. Brennan 24	d	E. Fysh 16
N. Royle 34	d	M. Haley 11
<u>76</u>		<u>41</u>

St. Marys	v	Bicheno
J. Brennan 24	d	E. Haywood 13
W. Haas 18	lost to	R. Haywood 28
C. Berwick 20	draw	D. Widdicombe 20
<u>62</u>		<u>61</u>
M. Oliver 8	lost to	G. Gregg 26
I. Brennan 24	d	D. Madson 20
M. Royle 16	lost to	L. Bassell 29
<u>48</u>		<u>75</u>

Final results of the East Coast Pennant Matches resulted in Bicheno as winners of the 1976-77 Flag.

Bicheno	82
St. Marys	66
St. Helens	32

St. Marys Ladies have won the flag for 1976-77.

CRICKET CLINIC AT ST. MARYS

Tasmanian Cricket Captain and N.T.C.A. Coach Jack Simmons, along with Tasmanian express opening bowler, Garry Whitney, will conduct a coaching clinic at St. Marys, Monday February 28.

Simmons and Whitney have been brought to St. Marys by the St. Marys Cricket Club to coach and to show school boys and local cricketers the finer points of the game.

Simmons is the wellknown Lancashire (England) player who has coached in the N.T.C.A. and has led Tasmania in Interstate matches for the past four years. He is the man tipped to lead Tasmania's historic entry into the Sheffield Shield Competition next season. He is an excellent spin bowler who has helped win many a game mainly with his tricky off-spin and cunningness brought about by over 20 years first-class cricket experience. As a very useful middle order batsman he will be remembered for his effort in hitting the winning run at the M.C.G. in 1974 in an memorable victory over Victoria in a knock-out match.

Whitney, originally from Campbelltown is the fiery fast bowler who has played first-class cricket in Victoria, and is

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ST. MARYS CUTOVER

And so it's so long to the cheery voices of Roslyn, Gloria, Judy, Jill, Heather, Karlene and Sandra. Voices which so many took more less for granted when using the phone be it for information, business, social or emergency call. The loss of these "unpaid" secretaries" marks a milestone in the history of telecommunications not only in St. Marys but Tasmania as a whole, because St. Marys was the last magneto exchange in Tasmania.

The occassion was marked by a cutover celebration party held by Telecom and Postal at St. Marys Hotel on Tuesday night. This was attended by Principal Technical Officers, Engineers and Inspectors from Launceston and Hobart, Technical & lines Staff employed on cutover and local Postal, Technical and Lines Staff.

A big thankyou must go the above girls for a service given so well for so long, sometimes under conditions of extreme difficulty.

CRICKET CLINIC. ST. MARYS continued

generally considered the best and fastest opening bowler in Tasmania.

He too is tipped to play a big hand in Tasmanias entry into the Sheffield Shield next season.

Simmons and Whitney will be available to coach and tutor all interested boys and cricketers at the St. Marys Recreation Ground from 5.00pm. Afterwards they will give a talk and answer questions. All interested persons are invited, particularly school boys.

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FINGAL VALLEY WELFARE COMMITTEE

The Annual Meeting of the Fingal Valley Welfare Committee for Senior Citizens is this year being held at the Cornwall Hall at 7.30pm on Monday, March 21st. The Annual Reports of this Committee and three Senior Citizens Clubs of Cornwall, St. Marys and Fingal will be presented and also a report from Meals on Wheels Association. The meeting which is a Public Meeting, will be Chaired by the Warden of Fingal, Mr. C. Haas, and the Annual Election of Officers will be held. Nominations for the Committee must be in the hands of the Secretary (Mr. J. Miller) Managana,) by the 14th March. Nominations are forwarded through the Clubs.

A Special Guest Speaker in the person of the Hon. Eric Reece will be a feature of the evening. Mr. Reece has kindly consented to make the trip from Hobart to address the Meeting and there will also be an entertainment in the form of slides depicting London scenes and Westminster Abby by Rev. Father Jarrett. The Cornwall Club has also arranged a "Do you Remember?" showing articles of historical interest. Supper will be served and ladies are asked to kindly supply a basket.

TRENDSETTA

REDUCTIONS ON ALL SUMMER STOCK OUR WINTER STOCK IS
STARTING TO ARRIVE AND WE MUST CLEAR OUR SUMMER GEAR NOW

HURRY HURRY HURRY SALE STARTS MONDAY

WATCH OUT SOON FOR OUR SALE ON JEANS AND JACKETS

SUMMER SALE



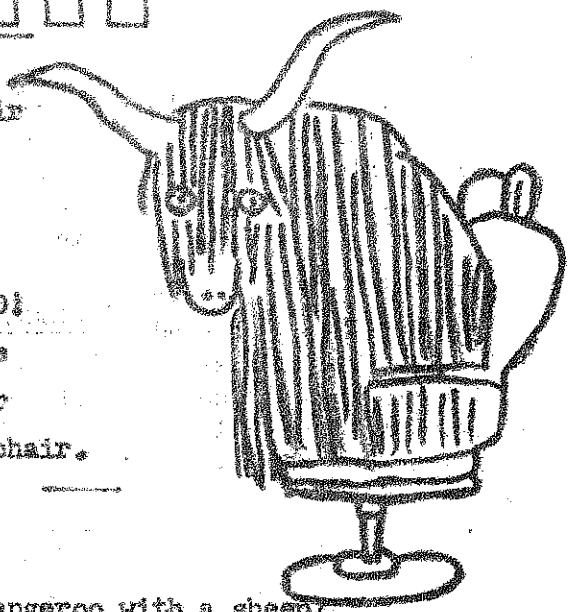
HI HERE
IS ANOTHER
WORD GAME
?

GRANDER	ABODE	E	Y	R	T	U	G	B	O	A	T
GRANITE	AGILE	D	D	F	A	L	L	O	U	T	T
GRUFF	BRIDE	S	G	O	G	L	E	R	I	H	
HANGAR	CIGAR	T	E	R	B	R	I	A	O	G	E
MAGNITUDE	DACOTT	I	Y	R	L	A	G	O	I	O	P
OGLE	ENRICH	N	E	T	I	N	A	B	G	M	O
PRETTY	EPOCH	G	T	N	A	D	E	G	V	H	C
PURSE	ETUDE	A	U	N	S	E	E	R	I	F	H
RUPTURE	FALL)OUT	M	D	F	R	E	T	T	Y	L	F
SAILBOAT	GLORY	A	E	R	U	T	E	U	R	E	R
TRUMP	TUGBOAT										

GORGE in 6 Letters

THE YAK

The long-haired Yak has long black hair
 He lets it grow- he doesnt care.
 He lets it grow and grow and grow
 He lets it trail the stair.
 Does he ever go to the barbershop? NO!
 How wild and wooly and devil-may-care
 A long-haired Yak with long black hair
 Would look when perched in a barbers chair.



Missing Gorge Canyon

RIDDLES

- 1 What do you get when you cross a kangaroo with a sheep?
- 2 Why did the little boy take an axe to school?
- 3 What did the sock say to the foot?
- 4 What time is it when an elephant sits on your fence?
- 5 What is yellow, wet and dangerous?

- 5 Shark-infested custard
- 7 Time to get a new fence
- 3 You are putting me on.
- 2 Because it was break-up day.
- 1 A wooly jumper

ANSWERS TO RIDDLES

THE SWANS ALL GLIDE
 Down the stream the swans all glide
 Its quite the cheapest way to ride
 Their legs get wet,
 Their tummies wetter:
 I think after all the bus is better



STARDUST

Fortnight beginning February 25

by Mercury

ARIES: March 21 - April 20

Finances are a bit queer just now and special care is needed in any financial dealing. Be sure that all details of every transaction are thoroughly understood by all concerned. Lucky days 28, 1.

TAURUS: April 21 - May 20

Short trips for business well favoured. An elderly person would appreciate a visit from you. Watch your health. Lucky days 25, 3.

GEMINI: May 21 - June 21

Do not cross bridges before you get to them. Problems have a way of sorting themselves. Try to relax more. You may hear more from an old friend. You have to build. Lucky days 28, 6.

CANCER: June 22 - July 22

Friends could prove helpful. Pay attention to original ideas. Setbacks are likely, but patience must be exercised. Lucky days 27, 8.

LEO: July 23 - August 22

Partnership matters will call for diplomacy and tact. Self-control could pay dividends. Artistical interests are well favoured. Lucky days 3, 5.

VIRGO: August 23 - September 23

Guard against accidents. Now is a good time for exchanging ideas. You must assume responsibility in what you do and act as an individual. You will not be able to do anything interesting. Lucky days 1, 5.

LIBRA: September 24 - October 23

Sound advice from an older person should not be ignored. This could help to settle a disagreement. Be careful not to neglect responsibilities. Pay attention to your diet. Lucky days 26, 7.

SCORPIO: October 24 - November 22

There seem to be upsets indicated, so do not be stubbornly self-reliant. Things may not be exactly as planned but let them remain as is temporarily. Lucky days 25, 9.

SAGITTARIUS: November 23 - December 20

A change or adjustment to present circumstances seems likely to some. Tolerance and diplomacy must be exercised to turn this to your advantage. Lucky days 1, 7.

CAPRICORN: December 21 - January 19

Be efficient but do not hurry. Express yourself creatively. Tact and diplomacy is called for in personal relationships. Lucky days 3, 7.

AQUARIUS: January 20 - February 19

Catch up on your correspondence. Curb your tongue if dealing with the opposite sex. Short trips are favoured. Interesting news could be heard. Lucky days 28, 2.

PISCES: February 20 - March 20

Engage in community activities and cultivate new friendships. Give attention to original ideas. Ignore quarrel some company. You may hear from an old acquaintance. Lucky days 3, 9.

THE CARLYLE

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