

THE VALLEY

AND EAST COAST VOICE

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A REPORT FROM CLAIRE KEARNEY,
PRESIDENT - M.O.W. - DELORAINÉ ON THE ADELAIDE CONFERENCE OF M.O.W.

DEAR M.O.W. FRIEND,

I have just attended the 2nd National M.O.W. Conference in Adelaide and would like to tell you a little about it.

Three hundred delegates attended from all States and the two territories and we even had a delegate from Japan. The Conference was held at the Morphettville Racing Complex over three days, Sept 29th - Oct 1st. The theme of the Conference was meeting the challenges to voluntary meals services under the expanding concept of home care.

The first day highlights were the opening by the Governor of South Australia, Sir Donald Dunstan KBE, CB, and the funding of M.O.W. by the Home and Community Care programme. HACC, as it is commonly called, began about two years ago as a Department in the Commonwealth Government and funds such things as M.O.W., home help, services, community buses and day care centre. Workshops followed each subject and there was spirited discussion on volunteers, funding etc.

The second day proved very interesting. All interstate delegates were taken to view one of the many M.O.W. kitchens around Adelaide. These are entirely run by volunteers. Each kitchen serves 80 -150 meals daily and the volunteers start about 7.00am preparing freshly cooked meals each week day. Some kitchens have about 200 volunteers on their roster to supervise, cook, assist or deliver. Each round serves 20 -25 citizens.

One lady we met had been a volunteer for 25 years and had come in regularly for that time. Some volunteers come in several days weekly but others may help one day monthly.

The meals at present cost \$1.70 to produce and are charged at \$1.80. The subsidy for meals (60cents per meal delivered) is used to build the kitchens unless some generous recipient gives a donation or leaves a legacy. The only paid person is a social worker who assesses the need

for anyone to receive meals.

We were presented a paper on Regethermic Equipment. This produces chilled meals which keep five days and are distributed to centre by refrigerated vans. Stirling, W.A., distributes meals in this way. The meals can be delivered hot or chilled at the wish of the recipient. They can be heated by infra red oven or a conventional one.

Mrs Wilma Amaroso of Moore Park Activity Club (N.S.W.) spoke on the difficulty of delivering meals in the inner Sydney suburbs. No one wants to take their car and taxi fares for delivery cost \$60,000 last year. What else can happen - getting mugged is quite on the cards and sometimes you have to run up 7 flights of stairs to deliver or queue up for a lift to take the meals anywhere up to the 29th floor.

Nutrition lectures were most interesting. Dr Alan Stewart who has written two books on nutrition, *The Second Bite of the Cherry* and *Nutrition for the Elderly*, made some up to date comments on preparing and serving meals. Fats should be cut down, more cereals, vegetables and skim milk to be used for sweets. Reduce meat and serve another vegetable, reduce sugars and salt and use bran in soups, casseroles etc.

What of meals for the future and further roles for volunteers? Let the recipient have a say in his or her care, including serving of meals. Our large ethnic background population may like meals relating to their traditions. In some centres its Wheels to Meals where meals are served at Elderly Citizens Clubs. The day care centres in Tasmania usually serve a hot meal at midday.

What else can volunteers do besides rush in with a meal? Take the recipient out shopping, run messages, make tea and more.

CLASSIFIEDS

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FOR SALE: Navy Pramette 3 positions complete with foot & storm covers good condition \$65 o.n.o. Divan \$50 o.n.o. Brown, Green & yellow tones. Toyota knitting machine with books & lace making equipment \$40 o.n.o. 722465 Liz Rice

PEAKES BUS SERVICE ST.MARYS...BICHENO..SWANSEA Passengers, Parcels and Papers Phone 722390

FOR SALE: Second hand roofing iron good condition long lengths. Second hand doors - good condition Phone 725211

THE VALLEY VOICE SENDS CONGRATULATIONS TO JULIE & BRUCE CORNELIUS ON THE ARRIVAL OF THEIR DAUGHTER LAURA.



NEW LOOK SALON

"CHERISH YOUR HAIR"
WITH
PROFESSIONAL CARE

Now that Autumn is here call and see SANDRA for that individual hair style just to suit you

For appointment Phone 722260

TUESDAY

TO

FRIDAY

RICHARDS HOME FURNISHERS. PTY. LTD.

CHOOSE FROM OUR EXTENSIVE RANGE OF HOME FURNISHINGS

Offering you a great selection of floor coverings, soft furnishings and fine furniture at very affordable prices.

****warming up for winter****

We also have in stock electric blankets, Sherpa blankets, lambswool andwoollen underlay for those cold nights. also mattresses.

CALL IN AND SEE OUR GREAT RANGE AT RICHARDS HOME FURNISHERS PTY LTD 67 Cecilia Street, St. Helens Phone (003)761147

St.Marys Cricket Club would like to thank all that supported the club through-out the season especially the business houses, Don Target for his donation to get the Juniors to Launceston for the McDonald's Cup game, Mike & Robyn Graham, Toby Spilsbury, Marlene Scott, Denzil Casbault.

We finish 6th on the ladder our best effort for several years and looking forward to continued support and interest from the Public next season.

Annual Dinner and Trophy Night
Friday March 25th

G. McDonald

VALLEY SHOOTERS SUPPLIES

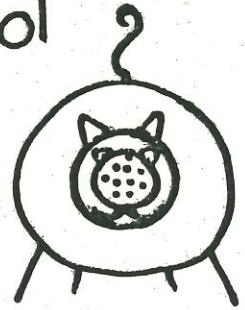
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Firearms New and Used
Large range of ammunition
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We specialise in reloading centerfire rifle and pistol ammunition.
Licenced pistol dealer
Ring and check our prices
10% off recommended retail until the end of March

ST. MARYS DISTRICT
HIGH SCHOOL
Swimming Pool

PIG



ROAST

Also Lamb Spit, B.B.Q.
Refreshments available

SATURDAY 12th MARCH

St. Marys Football Ground

6:30pm

\$10.00 SINGLE

\$5.00 CHILD

\$25.00 FAMILY

Music By
Vacant Lot

WHAT'S ON

The 1987-88 Wallaby Season closed on February 21, 1988 and will open again on the 2nd of April, 1988 until 19th February, 1989. Licence fee \$5, Commercial licence \$10.

The Wild Duck Season will open March 5th until June 5th, 1988.

For further information see the Tasmanian Hunter Field Guide 1988.

LIONS CLUB OF ST. MARYS

*****CHARITY AUCTION*****

20th March, 11a.m.

Items include:-

Toys - beds - tables and chairs (dining and kitchen) - lounge suite - water pump - bikes - wardrobes - sea grass matting - car parts - tools - shower base and glass doors - handbasin pedestal and taps - toaster - vertical grill - plus lots more - approx. 300 lots.
SUNDAY, MARCH 20th, 11.00a.m.

ST. MARYS DISTRICT HOSPITAL AUXILIARY

Change of date - Coffee morning
Falmouth Community Centre.
Now Friday 11th March 11a.m.
(Not Thurs. 10th).
Trade table items appreciated.

ANNUAL FAIR - FRIDAY 18th MARCH

Opened at 1.30p.m. by Mr. George Shaw.

ST. MARYS COMMUNITY HALL.
Local artists and craftsmen invited to exhibit their work.
Contact A. Wright 72 2337

PLAYGROUP

Playgroup has commenced Thursdays 1.30p.m. to 3.00p.m. at Fire Station. All mothers welcome.

BREAK-O-DAY MILK BAR

Main Street, St. Marys
Phone 72 2222

WE ARE THE MILK BAR WITH 'THE LOT'

TAKE-A-WAYS INCLUDING DELICIOUS HAMBURGERS, SEASONED BBQ CHICKENS, GROCERIES, HOT & COLD DRINKS, CONFECTIONERY, VIDEO HIRE, FILMS AND BATTERIES, FISHING BAIT, CALTEX PETROL.

OPEN SEVEN DAYS A WEEK!
6.30am . . . 8.00pm

GRAEME AND JACKIE SMYLIE
WELCOME YOU TO THE
BREAK-O-DAY MILK BAR

ST. MARYS TENNIS CLUB

Annual Dinner - Saturday 26th March
at St. Marys Golf Club. \$15 per head. Members are asked to leave names on list at clubrooms or at

St. Marys Health and Beauty Centre by Wednesday 16th March.

Mixed Doubles Tournament

Financial Members only. Select own partner. \$5 entry per couple, on Sunday 27th March. 8.30am start. Names to be left on sheet in clubrooms or at St. Marys Health and Beauty Centre.

BINGO St. Marys R.S.L. Institute every Tuesday 7.30p.m.
1st Jackpot \$240 on 64 calls
2nd Jackpot \$160 on 56 calls
This Tuesday March 9th.

The annual meeting of the Fingal Valley Welfare Committee for Senior Citizens will be held on Monday March 14th. Guest speaker and entertainment plus election of office bearers for 1988 and club reports.

Venue: R.S.L. Hall St. Marys, 7.30pm
Supper: Ladies a plate!!

BLACK GOLD BOUTIQUE

ST MARYS 722441

751443

BICHENO

WINTER STOCK

SUMMER STOCK

Now arriving - all the latest colours and fashions.

Sale is still on -

BARGAINS GALORE!

CHURCH

NETS

FINGAL-PORTLAND UNITING CHURCH WORSHIP SERVICE

Scamander 9.00am 2nd Sunday
8.00am 4th Sunday
Fingal 9.30am every week
St. Marys 11.00am every week
St. Helens 10.30am 2nd Sunday
7.00pm 1st, 3rd, 4th,
5th Sundays
Rossarden 7.00pm 3rd Sunday

SUNDAY SCHOOL

Fingal 9.30am
St. Marys 9.45am (with Salvation
Army)
St. Helens 3.30pm Mondays K.U.C.A.
& Scamander Club

ALL WELCOME

MINISTER: REV. ALAN RENTON
Phone 752139

THE ANGLICAN PARISH OF ST. HELENS

St. Pauls Church

8.00am }
9.30am } every Sunday
7.00pm }
Sunday School
3.00pm Mondays

Pyengana

11.00am 2nd, 4th Sundays

Falmouth

9.30am 1st, 3rd Sundays

ANGELICAN PARISH OF THE FINGAL

VALLEY

Sunday March 6

*8.45am H.C. Fingal
*10.45am H.C. St. Marys
7.00pm H.C. Avoca

Sunday March 13

*8.45am H.C. Fingal
*10.45am G.F.A.W. Avoca
6.00pm E.P. St. Marys

*Please note change of time for
Services.

THE DEDICATION OF THE NEW HOLY
TRINITY CHURCH ST. MARYS by the
Bishop on 27th March at 10.00am
LUNCHEON WILL FOLLOW

SALVATION ARMY

Sunday 9.45am Sunday School - Uniting
Church, St. Marys
Sunday 2.30pm Sunday School - Salva-
tion Army - Cornwall
2nd Sunday in month Afternoon Service
3.00pm
Wednesday 11.00am Home League/Fellowship
for all women Salvation
Army Cornwall, 1st, 3rd,
5th week of month.
Uniting Church, St. Marys
- 2nd, 4th week of month.
Tuesday 3.45pm Joy Hour - Games, Crafts,
Fun, Fellowship for all
children 5/12 years -
weekly at Salvation Army
Cornwall.
Thursday 7-9pm 1st week in month -
Youth Group. Sunnybanks.
St. Marys - ages 13/20
years.
ENJOY & MRS. BETTS, Sunnybanks,
St. Marys. Phone 722352

CATHOLIC PARISH OF ST. MARYS

St. Marys - St. Mary of the Assump-
tion - Sundays 6, 13 March 9.00am

St. Helens - SS Helena & Stanislaus
Vigil Mass - Saturdays 6.00pm

Fingal - St. Joseph
Sundays 6, 13 March 10.30am

Mangana - Our Lady of the Sacred Heart
3rd Sunday each month 10.30am

Mathinna - 5th Sunday each month
11.00am

Bicheno - Community Church
Sunday 6 March 4.00pm

PARISH PRIEST:

Father Connolly, The Presbytery,
St. Marys, 7215. Phone 722252.

MEALS ON WHEELS FINGAL VALLEY

MARCH

Sunday 6
Monday 7
Tuesday 8
Wednesday 9
Thursday 10
Friday 11
Monday 14
Tuesday 15
Wednesday 16
Thursday 17

ST. MARYS

Kerith Cook
Lorraine Horsman
Denise Dawson
Bonnie Crawford
Heather Griffiths
Jeff Faulkner
Pam Peake
Wendy Haas
Jenny Stewart
Yvonne Salter

FINGAL

Dennis Sutton
Ruth Saunders
Carol Woods
Colleen Turner
Vicki Woods
Bob Yates
Sutton Lowe
Jack Woods
Jessie Burbury
Robyn Miller

MANGANA

Dennis Sutton
Jack Miller
Les Walters
Cros Upton
Vicki Woods
Bob Yates
Jack Miller
Les Walters
Cros Upton
Robyn Miller

ST. MARYS DISTRICT HIGH SCHOOL

EAST COAST CONTINUING EDUCATION CENTRE (H.S.C. ANNEX):

The East Coast Continuing Education Centre commenced the year with 35 full-time and 14 part-time students enrolled which clearly makes it the largest rural H.S.C. annex in Tasmania. Of the 35 full-time students 14 came straight from year 10 at St. Marys, 5 from St. Helens year 10, 4 students returned from a 12 month break in education and 12 students returned to year 12.

Both staff and subject offerings have increased. We welcome David Hassall who will be teaching basic and advanced English classes, Community Studies and supervising afternoon sports and studies at the centre. Susan Loane is also a great asset to the centre and her Woolcraft course has already attracted great interest.

New courses this year include Information Technology (Computers), Woodwork at the St. Marys District High School, Technical Studies Centre, Biological Science, an advanced Maths class as well as last year's offerings of Business & Commerce, Communication and Language, Mathematical Studies, Home Management and Glass-craft and Childhood Studies.

The centre has also been granted Facsimile Machine facilities and this opens wide vistas. Six students will be involved with taking two courses H.S.C. Human Biology and H.S.C. Human Development with their tutor located in Rosny College in Hobart. As well the centre has offered itself as a tutorial and reference base for seven students who will be taking a Level 3 course through Hobart's School of Distance Education.

This year all Grade 11 students will be taking a basic English and Maths course while most also do a Science subject. The presence of 33% of last year's St. Marys 1987 Grade 10 plus normal numbers going to Launceston College should again ensure a retention rate in excess of 50%.

B. Snigg

STUDENT COUNCIL:

The following students form the Student Council Executive for 1988.

Alison Lyne	President
Kirk McGiveron	V. President
Sharon Radford	Treasurer
Sharlene Ridler-Davern	Secretary
Rodney Barnes) Secretary

INDUSTRIAL AND EDUCATIONAL PRIORITIES:

Comments from Professor Penington (Vice-Chancellor Melbourne Univers.)

Australia must change its industrial and educational priorities and place more emphasis on intellectual endeavour.

In a democracy where the ordinary voter is delighted to see tall poppies cut down, we have great temptations for politicians and governments to engage in attacks on tertiary institutions which stand for traditional values of high achievement.

Australia's wealth had come with "little effort" from the export of commodities to industrial countries "eager to purchase our produce".

When we combine these factors with our colonial origins and the strong tendency to believe that knowledge which matters can be left for older countries to provide, we have as a nation had little respect for scholarship and intellectual endeavour, for our institutions of high learning.

Competition in the sporting world had always been seen as deserving of praise while competition in the class room had been held up for "pillory" by some teachers.

Research and scholarship are increasingly represented as a privilege enjoyed rather than being recognised as a vital endeavour in their own right for the good of our nation, of our community as a whole.

While research development and commitment in Australian communities matched reasonably favourably with their Western counterparts, our industry commitment was far below overseas competition.

A country which has grown wealthy over nearly 200 years through its singular good fortune finds it is no longer able to protect its high standard of living unless we set about re-ordering our priorities and placing far greater emphasis on intellectual endeavour.

MEETINGS:

Mothers Club AGM - Wed. 9 Mar.	1.30
Swimming Pool - Wed. 9th Mar.	7.30
P. & F. Assoc. - Tues. 15 Mar.	7.30
Swimming Pool - Wed. 23rd Mar.	7.30

SPORTS

ST. MARYS SPORTS CENTRE INC.

GOLF NOTES by Tee Up.

A very interesting opening day was had by the Associates last Wednesday. Those present enjoyed a round of "Ambrose" first up for the Ladies and much enjoyed. Members have continued their joy through the year and the Juniors, I believe, had their usual good scoring. A trip to town as a team was very pleasing. Although "no win" they all did justice to the game of golf and their Club. A first score to the Valley Voice - names the first three "all Juniors". Congratulations boys.

Members Stroke Swimming Pool Fund Raising Day.

Best Gross :- Drew Berwick 76
Andrew Wright 77
Chris Davern 77

Handicap:- J. Reeves(18) 61 nett
T. Viney(12) 67 nett
Drew Berwick(8) 68nett
G. Billett(23) 68nett
G. Hayes(19) 68nett

Nearest pins:- 5th J. Reeves
7th T. Viney.

Limit marker:- J. Haas 73

Beginners Junior Competition:-
Gross: Peter Hayes 127
H/cp R. Peart 99

Associates:- B. Johnson(18) 78 nett

Associates Opening Day:-
Ambrose

Team 4 - M Cook-I Francis-H Fleming
69-14-55 nett

Team 1 - C McGee-K Wright-R Gill
81-16-65 nett

Team 2 - K Blair-S Oliver-S Williams
84-16-68 nett

Team 3 - J Lohrey-M Nolan-J Lohrey
82-13-69 nett

NEWSLETTER

ST. MARYS DISTRICT HIGH SCHOOL
SWIMMING POOL COMMITTEE REPORT

After recharging their batteries during the long Christmas holiday break, the hardworking Swimming Pool Committee members are hard at it again on the fundraising trail. As always, the Committee members have a positive outlook on their situation and have returned with new vigour and with plans for more ambitious programs. The fundraising activities started off on a high note, with the Golf Fun Day held at the St. Marys Golf Club on Saturday the 20th of February. This event was a huge success and thoroughly enjoyed by all who attended.

The amount raised on this day was \$504.00. Our sincere thanks go to the hardworking people for organizing the event:- the St. Marys Golf Club for providing the facilities; the St. Marys Bowls Club members for their kind patronage; the generous ladies who donated the salads, etc. and especially to all those who participated and made this such an enjoyable and worthwhile event.

Fundraising continued on this high note with the Launceston Cup Day

Luncheon held on Wednesday the 24th of February, at the home of Mr. and Mrs. Col and Suzie Loane of 'Brooklyn' at St. Marys. A magnificent day was had by all who attended and the beautiful surroundings set the scene - even though we had to contend with the wind for a while. The luncheon was well patronized but there was enough food for double the number. We are extremely grateful to Colin for his assistance in setting everything up and to Suzie for her tireless work and for opening her house to so many people. Our thanks also go to Athalie Webb for the wonderful fashion parade she organized and to all her models for the excellent display they put on; to Ron Sumner and Keith Bullock for their efforts in organizing the sweeps and keeping the ladies entertained, and to Tim and Ian Squires for their effort in waiting on the ladies. The amount raised was \$400.14.

The next 'BIG EVENT' will be the Pig Roast to be held on Saturday the 12th of March at the St. Marys Football Ground, starting at 6.30p.m. Committee members are enthusiastically organizing this function, so please attend, have a great time and make it a roaring success. Tickets are now available from the following Committee members: Mary Targett, Gary Richards, Geoff Billett, Ann Birrell, Cheryl Hendley, Neville Pearce, Mal McKenzie and Nigel Bosworth. Music will be supplied by local Bicheno band 'Vacant Lot' and the bar will be open also, for those so inclined. A raffle will also be held - with first prize a choice of dinner for two at the Beachfront Bicheno or a 'BIG' crayfish. Assistance to set up during the day will be gratefully accepted, as will any donations of cabbages, lettuce, potatoes, noodles, salad dressings or similar salad items. Cash donations will always be gratefully accepted. Donations can be left at the St. Marys High

...Continued page 7

REPORT THANKS

WE, LINDA, GEOFF AND
MARY KING WISH TO
THANK THE STAFF OF
ST. MARYS HOSPITAL,
DR. NAIDOO, FATHER
CONNOLLY FOR THEIR
HELP AND KINDNESS,
VISITS OF KIND FRIENDS
AND GIFTS DURING CONNIE
KINGS STAY IN HOSPITAL.

THANK YOU

On behalf of the Meals On Wheels
Fingal Valley, I would like to
express our thanks to all the
garage proprietors of St. Marys
and Fingal who handle the Petrol
Vouchers for drivers for Meals
On Wheels. This is a very impor-
tant help to our Organisation
assisting in the delivery of meals
to the sick and elderly in our
district.

J.S. Miller,
HON. SECRETARY.

LIONS AT WORK

The Lions Club of St. Marys has
agreed to contribute towards the
cost of an acoustic computer for
Lorrelli Davis, a student at
St. Marys District High School.
The Club's food van will be
operating at the Fingal Valley
Festival on Saturday and all
the proceeds from the catering on
that day will go towards the cost
of purchasing this vital equipment
for Lorrelli.
Please give your support.

ST. MARYS UNITING CHURCH

Harvest Festival Service

March 13th, 1988 at 11.00a.m.

Preacher Rev. Les Neil.

ALL WELCOME

SALE OF GIFTS AT STREET STALL

MONDAY MARCH 14th, 1988
10.30a.m.?

Carnival with all clubs around
the state.
Membership fees are \$6.00 per
person or \$10.00 a family.
Next meeting to be held at Mrs.
Sue Challis' place 7.30pm 24th March.

CONTINUED FROM PAGE 5.....

Our bank balance now stands at a
very healthy \$8500.00 but there
is still a way to go.
We still need and would appreciate
more interested people to come
along to our meetings, to contribute
with ideas and with organizing
these fundraising events. Our
next meeting is on the 23rd of
March at 7.30p.m. in the St. Marys
High School Library. Please spare
some time for us and your children.
(The feasibility study is well in
hand). ALL WELCOME - DON'T WAIT
FOR A FORMAL INVITATION - ANY AND
ALL HELP WILL BE APPRECIATED.

Mal McKenzie,
(Publicity Officer
and Fundraising
Co-ordinator).

ST. MARYS SWIMMING POOL FUND

On Sunday the 28th February there
was a Wheelbarrow Push-a-thon held
to raise money for the Miss Teena
quest entrant Lori Webb. Even
though there were only two teams,
D.M.R. and Telecom, besides the
committee to enter the push-a-thon,
it was a very successful day.
The Committee wishes to thank all
the participants, especially Mr.
Nigel Bosworth who raised over \$700
on his own. We would also like
to thank all the sponsors who, with-
out their generosity, this community
pool would never be a reality. This
pool will be for all our benefits,
not just for school use, so we will
all be able to enjoy the fruits of
our labour.
Again, thank you to everyone!

F.V.P.C.Y. CLUB

Did you know that on the town we
have a Youth Club? We cater for
children 6 years and over with
games, sausage sizzles and cooking
nights. Everyone welcome to come
and join us.

Monday nights: Air rifle, 10yrs
and over, 3.30 till
5p.m. Starts March
14th.
Tuesday nights: Youth Club 3.30
till 4.30, Youth
Club Hall.
Wednesday nights: Jujitsu Karate,
8 years and over
\$1 per night.
Youth Club Hall
5 till 6.30p.m.

Being a member of the Youth Club
you can compete against other clubs
in Cross Country events, air rifle
events and just have fun with other
clubs. This year at Longford there
will be a bi-centennial Athletic

MAX BURR
PRESS RELEASE 25/2/88

NATURE NOTES

The A.B.C. should continue to be directly funded by the Federal Government.

The Member for Lyons, Mr Max Burr said today that the A.B.C. would lose its character as quality broadcaster if sponsorship or any other form of commercial involvement was introduced.

The A.B.C. has been able to maintain quality programmes because it does not need to compete for ratings with commercial stations.

If the A.B.C. is forced to rely on private funding it will become another commercial broadcaster competing for popular ratings

The minority audience that appreciates high quality radio and television programmes would not be catered for,

The Government imposed funding squeeze on the A.B.C. posed particular danger for regional programmes Mr Burr said.

If programme cuts are made it is the local programmes that are in most danger.

The Federal Government should provide sufficient funds for the A.B.C. to maintain the present range and quality of programmes.

However the A.B.C. Has an unquestioned responsibility to ensure the tax-payers receive value for money.

The A.B.C. has already been cut to the bone and further cuts or commercial sponsorship should not be entertained Mr Burr said.

END

WAKE - A - THON

KIDS... How long can you stay awake? Now is your chance to stay out of bed all night. Stay awake for 12 hours and raise money for the St Marys District High School and Community Swimming Pool Quest.

Check out the shop windows for information or contact
Denese Brown or
Dawn Squires on 722446 Cornwall

Another menace is the ground thrush, who has peculiar method of hunting, he takes a couple of quick steps, then lifts his legs, cocks his head on one side, then pokes his beak into the soil to extract the worm by the time he is finished quite a large hole is left, soil and mulch are scattered. So don't blame the bandicoot if your garden has been disturbed.

Did you know that white butterflies, the cabbage pests, are territorial? Well, I didn't until the other evening at an Organic Gardener's meeting, where David Stephen gave us a talk on companion plants. To repel the little pests its worth trying the following method. Place egg shells or white feathers on the end of stakes dotted around the garden, if the invaders see someone the white egg shell - ALREADY IN residence, hopefully they will retreat.

The other moth that gets to the centre of the cabbage is more difficult to deal with.

If you have a small planting, the suggestion is stretch the top of a ladies panty hose over the plant rain and sun can still penetrate. Watch out ladies

For gardeners with a few fruit trees, companion plants may be worth try. For instance, if you grow lavender around your apple tree, it repels codlin moth, aphid and red spider, hopefully.. Apricots favour Basil, Tansy and Rosemary, whereas, Peaches prefer Horseradish and Marshmallow and the list goes on for various fruit trees.

With lovely weather recently, the birds think its springtime. They seem to have recovered their songs. I heard the Pallid Cuckoo the other day, which is early for him; last year it was into September.

The Welcome Red Robin should be due anytime now.

Birds play an important part in the garden. We are fortunate in Australia to have a large population of endemic birds, about 360 of the world's species, plus the migrants, who almost double that figure.

They have various diets. Honeyeaters, as the name suggests, seek the nectar from the various plants and trees pollinating at the same time. They are also insectivorous, so whilst probing for nectar, a caterpillar or two provides a nice alternative Wrens and thornbills are busy little birds, seeking bugs amongst the plants in the vegie garden. Not all birds are kind to us, chiefly those pommie imports, like to blackbirds, (I forgive him for his song) and starlings. They seem to have a great liking for the mulch I put around my seedlings.



B. J. A. SPILSBURY

B.P. SERVICE STATION
ST MARYS.

NOT ONLY DO WE SUPPLE THE
'GOOD JUICE' BUT WE ALSO
HAVE A FULL RANGE OF ALL
SEWERAGE REQUIREMENTS, FROM
PIPES AND FITTINGS TO GLUES
AND CLEANERS. CALL AND SEE
BRUCE AND ASK THE PRICES,
YOU WILL FIND THEM VERY
REASONABLE

37 MAIN STREET, ST MARYS
PHONE 722233 OR 722155

W. LOCKETT & SONS

FUNERAL DIRECTORS
CAMPBELL TOWN

ENQUIRES MAY BE DIRECTED THROUGH:

MR D CASBOULT
ST MARYS PHONE 722143

OR

MR T PEARS
CAMPBELL TOWN PHONE 811167

BRUCE DAVIDSON - FUNERAL DIRECTOR

D. K. & C. M. BARNES

ST MARYS

PHONE 722367 OR 722265

WE WILL MAKE AND DELIVER
FRESH FLOWERS
AND
ARTIFICIAL WREATHS
ALSO

BRIDAL BOUQUETS

SINCERE FOR PERSONAL,
AND SERVICE
DIGNIFIED ANYWHERE ANYTIME

DARAL BAILEY & SON

A.F.D.A.

FUNERALS DIRECTORS
ST HELENS

PHONE (003) 761153 ALL HOURS

ST MARYS DISTRICT HOSPITAL AUXILIARY

A committee known as the Ladies committee of the St. Marys Hospital was later changed to the St. Marys Hospital Auxiliary and the following is a report of the first meeting held 60 Years ago.

St Marys District Hospital 1928 Ladies Committee

A meeting was held at the St Marys Institute on Friday 10th February 1928 Present Mesdames: M Wardlaw, C.S Flood M.J. Napier, E Berryman, L Wright, W Graham, B.J. Jackson, R.T. Blee, N Edwards, H Lohrey, D Hindle, C Jackson, Miss Von Steiglitz also present were C Howe, & C Jackson. & M Flood who outlined the purpose of the meeting

The election of offices took place & the following were appointed position Mrs M Wardlaw proposed & Mrs Napier second that Mrs G.R. Jackson be appointed President.

Mrs Jackson proposed & Mrs Blee second that Mrs L Wright be Honory Secretary. Mrs Napier proposed & Mrs B.J. Jackson seconded that Mrs. Flood be Treasurer.

Mrs Graham moved & Mrs B.J. Jackson seconded that Mesdames C. Flood, M Napier & C Jackson form the buying committee.

Mrs Napier moved & Miss Von Steiglitz seconded that all present be elected to the committee with power to add. Mrs Blee on behalf of the Mt Marys Orchestra promised that they would assist be playing at dances etc.

The offer was gratefully accepted Mrs Napier moved & Mrs H Lohrey seconded that a Kitchen & Pantry evening be held on Thursday 16th in the St Marys Hall and that the admission be a gift or money. It was decided that a slide be arranged for showing at the Pictures on Saturday night the 11th Inst. to advertise this evening.

Mesdames B.J. Jackson, R Blee, & N Edwards undertook to arrange the Hall.

It was decided to hold the next meeting on Friday 17th at 3.p.m. onfirmmed.

Esme B Jackson

President

17 Feb 1928

STARDUST

By Mercury
Week commencing March 3rd 1988.

PISCES February 20 - March 20

Don't be pigheaded at the present time about a very important decision listen to what others have to say before you make up your mind.
Best Days: 8, 11.

ARIES March 21 - April 20

Listening to gossip could get you into hot water this week especially if repeated to the wrong person. So just be careful.
Best Days: 5, 16.

TAURUS April 21 - May 21

You could find yourself going on a spending spree with all the great bargains around, so watch the purse and don't go overboard.
Best Days: 6, 12.

GEMINI May 22 - June 21

You could well feel ignored by your partner right now, but it is that they have something else on their mind which is getting them down now.
Best Days: 3, 14.

CANCER June 22 - July 22

Be careful not to fly off the handle this week over something stupid, as you may end up hurting someone you love or someone who is very close to you.
Best Days: 5, 13.

LEO July 23 - August 23.

This could be the week for the unexpected so be in for some surprises, some of which may leave a lasting memory. So just take everything in your stride this week.
Best Days: 9, 15.

VIRGO August 24 - September 23

Avoid all arguments if you can, just ignore those who are feeling on the cranky side this week. As this doesn't solve any problems that are lurking around.
Best Days: 7, 10.

LIBRA September 24 - October 23

Children make you happy this week with their funny little ways, so make the most of them and enjoy all the time shared with them.
Best Days: 4, 13.

SCORPIO October 24 - November 22

Now is the time to tell that certain person in your life how you really feel towards them. Their reaction might come as a surprise to you, giving you great pleasure.
Best Days: 5, 12.

SAGITTARIUS November 23 - Dec. 21

Sit back and take it easy for once, let someone else do the hard work. It is about time you had a holiday so just go ahead and do it.
Best Days: 7, 14.

CAPRICORN December 22 - Jan. 20

You could find yourself chasing the impossible dream, but you will never know unless you have a go. Also watch the health this week, with so many bugs flying around.
Best Days: 9, 15.

AQUARIUS January 21 - Feb. 19

Travel could be the highlight of this week with you either going on a trip interstate or just taking off for the weekend.
Best Days: 3, 16.

* ST MARYS
BUTCHERY Phone 722274

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