

# The Valley and East Coast Voice

Vol. 24 No. 6 FRIDAY 19 th July 1991

Established 1968

Price 40 cents

## G A R D E N I N G W I T H E A S E

DON'T let arthritis put a cramp in your "GREEN THUMB"

Spring is just around the corner, and already dedicated gardeners are collecting their seeds and planning their gardens. Whether you grow potatoes or petunias, the first warm days of spring can incite that familiar desire to head outdoors with shovel and hoe.

Arthritis needn't dampen that desire. With resourcefulness and planning, your 1991 garden can be your best yet.

\* Inexpensive foam rubber pads can help protect your knee joints when you kneel in the garden. Look for them in discount or garden supply stores.

\* Place the load to the front of your barrow and initially bend at the knees when lifting.

\* Avoid having to seed each year by planting perennials - plants that bloom every year. Flowers in this group include; bleeding heart, delphinium, hardy chrysanthemum and phlox. Perennial vegetables include; asparagus, horseradish and rhubarb.

\* Make tools easier to grip by adding foam rubber padding to the handles.

\* Some plant lovers find it easier to bring their gardens indoors. Use a bay window, porch or sunny room. Apartment dwellers can have gardens on roofs, balconies or in window boxes. Ornamental house plants such as ivy, ferns and cacti are

best for indoor growing, as are some vegetables and herbs, such as chives, parsley, mint and a special variety of tomatoes.

\* Use "toy" utensils. The versions made for children to play with are lighter-weight, smaller and easier to manipulate.

\* Alter your position at least every 20 minutes.

\* Use long handled tools wherever possible.

\* If your hands and wrists are affected by arthritis, wear a pair of cotton or canvas gloves to keep your joints from becoming bruised easily.

\* For hands that are especially sensitive, buy gloves that are one or two sizes too large and place foam padding in them. This extra layer will reduce pressure on painful joints.

\* Rake all debris into one pile. Bend at the knees to pick it up.

\* A small device called a "Click Seeder" can help sow seeds evenly and eliminates having to grasp seeds in your hand. It can be purchased at most garden supply stores.

\* The easiest way to water a garden is to set up a sprinkler and leave it in place permanently. Then when you want to water, you only need to turn on the water faucet - no hoses to pull out and roll up and no heavy water cans to carry.

\* Wear a whistle around your neck in the garden, especially if you are gardening alone. This will allow you to summon help if you should have an accident or need assistance.

# CLASSIFIEDS

REDLINE COACHES....Deliver this paper quickly and efficiently. Statewide passenger and parcel service. Phone 722143.

FOR SALE...26" Malvern Star, Ladies Bike, good order \$50.00 Contact Mrs R. Grose, John St, Cornwall.

PEAKES BUS SERVICE...ST.MARYS... BICHENO...SWANSEA...PASSENGERS.. PARCELS AND PAPERS. Phone 722390.

HOME WANTED for Kelpie X, desexed male (2 y.o.) Good Companion. Give to Good Home.

THERAPEUTIC MASSAGE for tired, aching muscles. Phone 722329.

FOR SALE....(1) 22 Browning Auto Rifle \$200.

(1) Foldaway Clothes line \$50.00

(1) Husqvarna 288 Chain Saw with spare bar \$1,200.00

(1) 3 cub. ft Electric Cement Mixer \$550.00

(1) Electric Fence Unit (Gallagher) \$60.00

(1) Kaaz Whipper Snipper \$200.00

(1) Hitachi Semi Auto Washing Machine (new timer) \$230.00

### FISHING GEAR

New Set Flat Boards 3'6" X 21" \$400.00

(1) Tri Net 30' Stain/steel lines \$400.00

(1) Beach Seine 30' \$50.00

## SCOTTS

### ST.MARYS NEWSAGENCY

FOR A WIDE RANGE OF PERIODICALS, NEWSPAPERS, MAGAZINES STAMPS AND STATIONARY.

### LATEST VIDEOS

NIGHT OF THE WARRIOR

SHORT TIME

UPWORLD

LOOK WHO'S TALKING TOO

## RICHARDS HOME FURNISHERS

For all your home furnishings  
67 CECILIA ST, ST HELENS  
PHONE 76 1147

IF YOU ARE LOOKING FOR SOMETHING BEAUTIFUL, YOU WILL ENJOY BROWSING THROUGH OUR SHOWROOM.



- Vinyl
- Curtains
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Quality and Personal Service Assured

### SUNSHINE LAUNDRETTE NEXT DOOR

Open 7 days a week with service attendant

(1) New 20 metre Bait Net with Bunt \$400.00  
400 metres Poly 12m rope \$70.00  
Plus Ropes, buoys, corks, traps etc.

Please Phone 722358 for viewing as parking is restricted.

## IAN HOLLINGSWORTH

REGISTERED DENTAL MECHANIC WILL BE VISITING ST. MARYS ON FRIDAY

2nd AUGUST

10.00am - 12 noon or PHONE 768253 FOR SEVEN DAY A WEEK APPOINTMENTS AT 36 TRELOGOEN DRIVE, BINALONG BAY

## RANSLEY'S

### APPLIANCE SERVICES

LOCATED IN ST.HELENS BUT SERVICING THE ST.MARYS AREA.



FOR SALE OF NEW AND RECONDITIONED APPLIANCES, INCLUDING SERVICE OF COMMERCIAL REFRIGERATION EQUIPMENT.

WE ARE AUTHORISED SERVICE AGENTS FOR SIMPSON, KELVINATOR AND WESTINGHOUSE.

SHOWROOM AND WORKSHOP

41 QUAIL ST. ST HELENS.

PH: 761811

# WHAT'S ON

## ECHO

East Coast Horticultural  
Organisation.

Echo was formed in 1990, by a group of people living on the East Coast, who have an interest in Horticulture or are actually engaged in a small to medium scale Horticultural Enterprise. Members interests cover a wide range from flowers, fruit and berry fruits, vegetables, herbs, nurseries etc.

The aim of ECHO being to enable people to get together, to talk about matters of common interest, and as a group organise activities such as guest speakers, seminars, field days etc, on subjects of interest to members. Meetings are held bi-monthly on the 3rd Friday of the month. Special activities such as field days are normally scheduled for the months between.

Bi-monthly meetings are held at the Cray Drop Inn Holiday Village at Four Mile Creek, commencing at 7.30 p.m.

A Bistro style meal is available at the Drop Inn, booking however, is essential. (003) 722228.

For further information about ECHO please contact:

Alan Brown Douglas River  
(003) 751344

Paul Fearman Upper Scamander  
(003) 725313

Kate Bradley Swansea  
(002) 578428

ECHO Progamme 1991

August 16

Setting up a business, marketing etc.

Horticultural opportunities.

Peter Lane and an associate from the Tasmanian Development Authority.

Cray Drop Inn 7:30 p.m.

## W.J. & D.J. COMMUNICATIONS

Sales Service & Installation  
Specialising In

- \* UHF Two way radio  
(all makes available.)
- \* small appllance repairs
- \* car phones
- \* t.v. ahtennas
- \* auto electrical etc.

**WARREN SPEERS**

**(003) 74 2274**

23 Grant Street, Fingal

ST. MARYS DISTRICT HOSPITAL AUX.  
ANNUAL GENERAL MEETING To be held  
5th August at 7.30p.m. (in the  
hospital Rec. Room).  
Business; Election of Office Bearers  
for 1991/92 and General Business.  
ALL WELCOME; Ladies a plate please  
for supper.

## MATHINNA TIDY TOWNS

The Mathinna Tidy Towns is asking  
for donations to assist in the  
on-going restoration and care of  
the Mathinna Cemetery.

This historical cemetery is a  
vital part of the history of North  
Eastern Tasmania.

At the present time the Mathinna  
cemetery looks beautiful and we  
need this beauty to be maintained  
in future years.

Donations to be sent to:

Marlene Guy,  
High St,  
Mathinna, Tas. 7214  
Phone 771114.

## MEALS ON WHEELS

### JULY

SUNDAY	21	Bruce Glatte
MONDAY	22	Lorraine Gill
TUESDAY	23	Mary Viney
WEDNESDAY	24	Jenny Stewart
THURSDAY	25	Yvonne Salter

SUNDAY	28	Keith Cook
MONDAY	29	Mrs Halliday
TUESDAY	30	Clive Berwick
WEDNESDAY	31	D & K Bullock

### ST. MARYS

Bruce Glatte
Lorraine Gill
Mary Viney
Jenny Stewart
Yvonne Salter

Keith Cook
Mrs Halliday
Clive Berwick
D & K Bullock

### FINGAL

Malc Saunders
Pat Death
June Hall
Colleen Turner
Hetty Williams

Bob Saunders
June McKenzie
Sutton Lowe
Jack Miller

### MANGANA

Neil Ward
Pat Death
June Hall
Jack Miller
Alan Barnes

Neil Ward
June McKenzie
Kath Francis
Jack Miller

### MATHINNA

Kaye Turner
Christine Scott
Max Ellis
Cynthia Webb
Ian Hardman

Kaye Turner
Christine Scott
Max Ellis
Cynthia Webb

J FINGAL-PORTLAND UNITING  
CHURCH

## Parish Services

Week	1	2	3	4	5
Fingal	9.00	9.00	--	9.00	--
St Marys	--	11.00	11.00	11.00	--
Scamander	11.00	9.00	9.00	9.00	--
St Helens	7.00	7.00	7.00	7.00	7.00

## Sunday School

Fingal 9.30am

Kuca Clubs (weekday Sunday School)  
( after school )

Scamander &amp; St Helens - Monday

St Marys - Thursday

Parish Youth Group ring 725 139 or  
761 141

ALL WELCOME

Phone 725 139

J THE ANGLICAN PARISH OF  
ST HELENS

## St Pauls Church

8.00am) Every Sunday

9.30pm) Every Sunday

7.00pm 1st, 3rd, &amp; 5th Sundays

## Sunday School

3.30pm Mondays

## Pyengana

11.15am 2nd Sunday

7.30pm 4th Wednesday

## Falmouth

9.45am 1st &amp; 3rd Sundays

Scamander (Home for Tea)

10.30am 4th Tuesday

J ANGLICAN PARISH OF FINGAL  
VALLEY

## First Sunday of Month

Fingal 8.45am FS

St Marys 10.45am MP

Avoca 6.00pm HC

## Second Sunday of Month

Fingal 8.45am HC

Avoca 10.45am FS

St Marys 10.45am FS

Cornwall 3.00pm HC

## Third Sunday of Month

Fingal 8.45am FS

St Marys 10.45am HC

Mangana 3.00pm HC

Avoca 6.00pm HC

## Fourth Sunday of Month

Fingal 8.45am HC

St Marys 10.45am MP

Mathina 3.00pm HC

Avoca 6.00pm EP

## Fifth Sunday of Month

Fingal 8.45am HC

St Marys 10.45am HC

Avoca 6.00pm HC

Rev'd David Le Rossignol

Fingal 742113

J SALVATION ARMY

## CORNWALL - ST. MARYS

9.30 a.m SUNDAY SCHOOL

(from 24 FEB)

11.00 a.m FAMILY WORSHIP

11.00 a.m TUESDAY LADIES FELLOWSHIP

12.30 p.m TUES-FRI PRAYER MEETING

C.O'S AUX CAPT AND MRS. TOLLPUTT

PH. 725527

WELFARE: ENVOY &amp; MRS. BETTS

PH. 722 352

EVERYBODY WELCOME

J CATHOLIC PARISH OF ST MARYS

## FIRST SUNDAY OF THE MONTH

St Helens Sat. Vigil Mass 6.00pm

St Marys Sunday Mass 9.00am

Fingal Sunday Mass 10.30am

Bicheno Sunday Mass 4.00pm

## SECOND SUNDAY OF THE MONTH

St Helens Sat. Vigil Mass 6.00pm

St Marys Sunday Mass 9.00am

Mangana Eucharistic Serv 11.00am

Bicheno Sunday Mass 4.00pm

## THIRD SUNDAY OF THE MONTH

St Helens Sat. Vigil Mass 6.00pm

St Marys Sunday Mass 9.00am

Fingal Sunday Mass 10.30am

Bicheno Sunday Mass 4.00pm

## FOURTH SUNDAY OF THE MONTH

St Helens Sat. Vigil Mass 6.00pm

St Marys Sunday Mass 9.00am

Bicheno Sunday Mass 4.00pm

Swansea Sunday Mass 6.00pm

## FIFTH SUNDAY OF THE MONTH

St Helens Sat. Vigil Mass 6.00pm

St Marys Sunday Mass 9.00am

Bicheno Sunday Mass 4.00pm

PRIEST: PAUL CONNOLLY

ST MARYS PHONE (003) 722 252

J SEVENTH DAY ADVENTIST

Hodgman Street, Scamander

Sabbath School 10.00am

Divine Service 11.00am

W LOCKETT & SONS

FUNERAL DIRECTORS  
CAMPBELLTOWN

Enquiries may be directed through:

Mr D Casboul  
St Marys 722383

or

Mr T Pears  
CampbellTown 811167



## Northern Investment Advisers

STOP !!

Take a couple of minutes to consider this question:

*"If my income was reduced or stopped indefinitely due to an accident or sickness, would I be able to continue to support my family in the normal manner?"*

If the answer to this question is "NO", then there is a need to act because disability can strike without warning!

Our Company has introduced a flexible range of income protection plans which have been very well received by people of different needs and income. IN ADDITION, the good news is that premiums are tax deductible whether you're employed or self-employed.

To arrange an appointment so that you may judge the best way in which our income protection plan can benefit you, phone me on the number below or after hours on (003) 432867.

Yours sincerely,

MARK OWENS.  
Finance & Insurance Consultant.

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102 Tamar Street  
Launceston 7250  
Telephone (003) 31 5566

# SPORT

## FOOTBALL NOTES

JULY 13

St. Marys were at home to Swansea in cold showery weather. The game was played in terrible conditions, after about 6 inches of rain over the past week.

Considering the conditions it was the best wet weather game by St. Marys I have seen.

Swansea battled hard all day, but were outclassed, with S. Miller dominating the ruck duels, a winning centre line with the Dakin brothers, Brent Leedham and Paul Barnes, Glen Brown and Roger Salter also shining.

Hard to pick best players, as all played extremely well. Swansea were best served by A. Triffet, P. Cusick, C. Skeggs, A. Gamble, A. Wallace, A. Carpenter.

GOALS: St. Marys: R. Salter, S. Gray 4, A. Viney 3, G. Murfett, B. Leedham 2, S. Dakin, M. Viney, D. Ridgers, S. Miller, S. Wiggins, C. Davern 1.  
Swansea: L. Whammond 1.

Final Scores: 21.15 to 1.3.

### RESERVES

St. Marys overpowered their opponents 19.15 to 0.0. This was also a good effort by the winners under the appalling conditions.

As usual, Swansea were gallant in defeat, and must be given credit for fighting the game right out.

With Paul Aulich winning in the ruck and players like Shaun Aulich, Graeme Peet, Craig Smith, Scott Bean, and Jack Viney always in and under the packs, they were just too good.

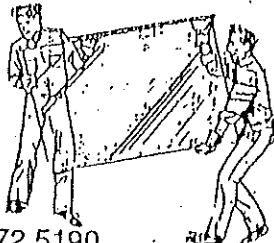
GOALS: St. Marys: M. Duniam 6, J. Viney 4, L. Spilsbury 3, M. Aulich, C. Smith, G. McDonald, S. Bean, G. Peat 1.

Other details unavailable.

## EAST COAST GLASS

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- \* Glass replacements
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- \* Shower Screens
- \* Fly Screens
- \* Security Doors



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Thomas Street, SCAMANDER

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BP Products and Mechanical Repairs  
Plumbing and Sewerage Supplies

Petrol, oils, lubes, tyres and plumbing fitting,  
poly-pipe, brass fitting, copper pipe,  
cleaners and glues.

Call In and see Bruce today.

B.H. (003) 72 2233

AH. (003) 722155

### ST. MARYS GOLF NOTES

by Tee Up.

Unfortunately the recent weather has played havoc with the events scheduled with the cancellation of the July 6th comp and the July 13th Jim Brennan Memorial Trophy being re-allocated to August 18th.

With over 110mm rain falling last week alone the course is quite wet as some comp scores will show. As at time of writing the club is looking forward to the Associates Foursomes over Wednesday July 18th and the Members Foursomes on Saturday July 20th and Sunday July 21st.

The club hopes for good roll ups to both events.

The ladies pennant team were unlucky to have missed out by one game on taking out the flag last week. Great effort anyway ladies, and best of luck in the teams match at St. Helens next week. In the Memorial Shield at St. Helens last Sunday 14th July, St. Marys finished second to St. Helens. Congratulations to Steven Dawson with a good round of 74 and only missed out by three shots for the champion of champions; look out next year as St. Marys hopes to be back on top, if a full side can be achieved for both pennant and memorial shield as we mentioned in the last issue.

The club is holding the M. D. Webb & Co Day next Saturday July 27th with a four ball best ball stableford at 9.30am selecting own partner, and August 4th will see the Family Day run at the Scamander Beach Resort Day with the main trophy as a Dinner for two at Scamander Beach Hotel. A good roll up is anticipated for this event. Please check club notice board for starting details. Very shortly an



### 1991 PREFECTS' CONFERENCE:

Four representatives from our S.R.C. attended the 1991 Prefects' Conference at the Launceston Resource Centre on the 4th and 5th July.

The conference was officially opened by Senator Michael Baume who spoke on the conference theme, "The Role of Student Leaders in the 90's".

Mr. David Billing, the President of the Tasmanian Teachers' Federation, then talked about how to run a formal meeting. Students gained a lot from the workshops which followed.

After lunch, Mr. Ivan Williams, State President of the Parents and Friends Association, spoke about student involvement in school councils and community affairs. He told us what a student council should be and how to run a student council in an efficient way.

Mrs. Ruffels Principal of Riverside High School, spoke about the 3 A's of public speaking. This involved speaking in general, assembly presentations and public speaking itself.

In the evening we dined and danced at the Riverside Community Hall. We all had a great time and made a lot of new friends.

On Friday morning, Miss Margaret Robertson, a lecturer at the School of Education at the University of Tasmania gave a lecture "Just a Brick". It was about how to make something out of nothing and was followed by a workshop which everyone enjoyed.

To end the conference, Yvette Cehtel, a former head prefect of Kings Meadows High School, gave a talk about "What a difference it makes". She spoke about what is involved in being a prefect, the goals you have to aim for and the sacrifices you have to make to be a dedicated prefect.

I'm sure that we all gained a lot out of the conference and would like to thank Mrs. Riley for taking us to and from Launceston.

Janelle Richards, Vice President.

### PARENTS AND FRIENDS UPDATE:

A warm thank you to all parents, teachers and children who participated in our Sunday working bee. It was a most enjoyable day and the results are on show in the primary yard.

We are heartened by the support received from parents, businesses and community groups in helping our plans to upgrade the playground to become a reality.

\*\*\*\*\*

Mr. James' Grade 5/6 have been studying the human body. Here is some of the information they have gathered.

#### MUSCLES

If we did not have muscles nothing would move. You have three different muscles. Skeletal, smooth and cardiac. Skeletal muscles are attached to the bones that make your skeleton. They move the bones. You would find your smooth muscles in your stomach, intestines and in blood vessels. Cardiac muscles are found in the walls of your heart - nowhere else. "Cardiac" comes from a Greek word meaning heart. All muscles have nerves that carry messages to and from your central nervous system.

by Leighton White.

#### THE FOOT

Fact 1. We have 26 bones in our feet. The toes are connected to the ankle bones.

Fact 2. If we didn't have bones in our feet we wouldn't be able to stand up properly.

Fact 3. The bones in our feet can be easily broken.

Fact 4. The foot bones have blood vessels running alongside them and through them.

Fact 5. The foot is made up of blood, muscle, bones, skin and blood vessels.

Fact 6. The muscles in our feet are attached to the bone by strong, fibrous tissues called tendons. The bones in your feet give your feet shape and protection.

by Joanne Denney.

BENDY BONES

The name of the flexy in between your bones is called cartilage.

Cartilage is not found in between your bones because it is found in the nose, in the windpipe. The bones are all made of cartilage. This soft bone is replaced with bone. All the cartilage is not replaced until the age of 25 or 26. In childhood new cartilage cells are made, to increase the size of the bones. At the same time calcium is deposited to strengthen them. The growth ceases to grow when the skeleton is fully grown.

in between

positioned in adults in the ear and in a foetus. Gradually the cartilage is replaced with bone. This process is complete by the age of 25 or 26. Throughout childhood new cartilage cells are being made, to increase the size of the bones. At the same time calcium is deposited to strengthen them. The growth ceases to grow when the skeleton is fully grown.

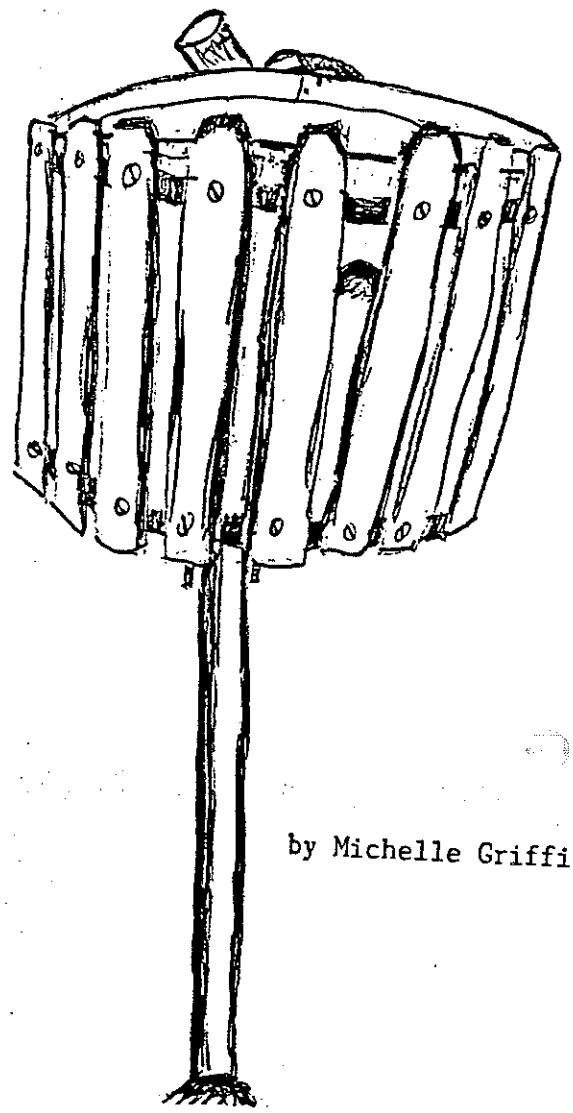
BONE STRUCTURE

Bones consist of layers of calcium, phosphate and other materials. A hollow cavity running through the centre of long bones is filled with marrow. Bones can be broken and it takes time for cells to repair the bone. A broken bone needs to be realigned and held with a case of plaster. First a cast is built, then it is destroyed.

of hard materials. The centre of long bones is filled with marrow. Bones can be broken and it takes time for cells to repair the bone. A broken bone needs to be realigned and held with a case of plaster. First a cast is built, then it is destroyed.

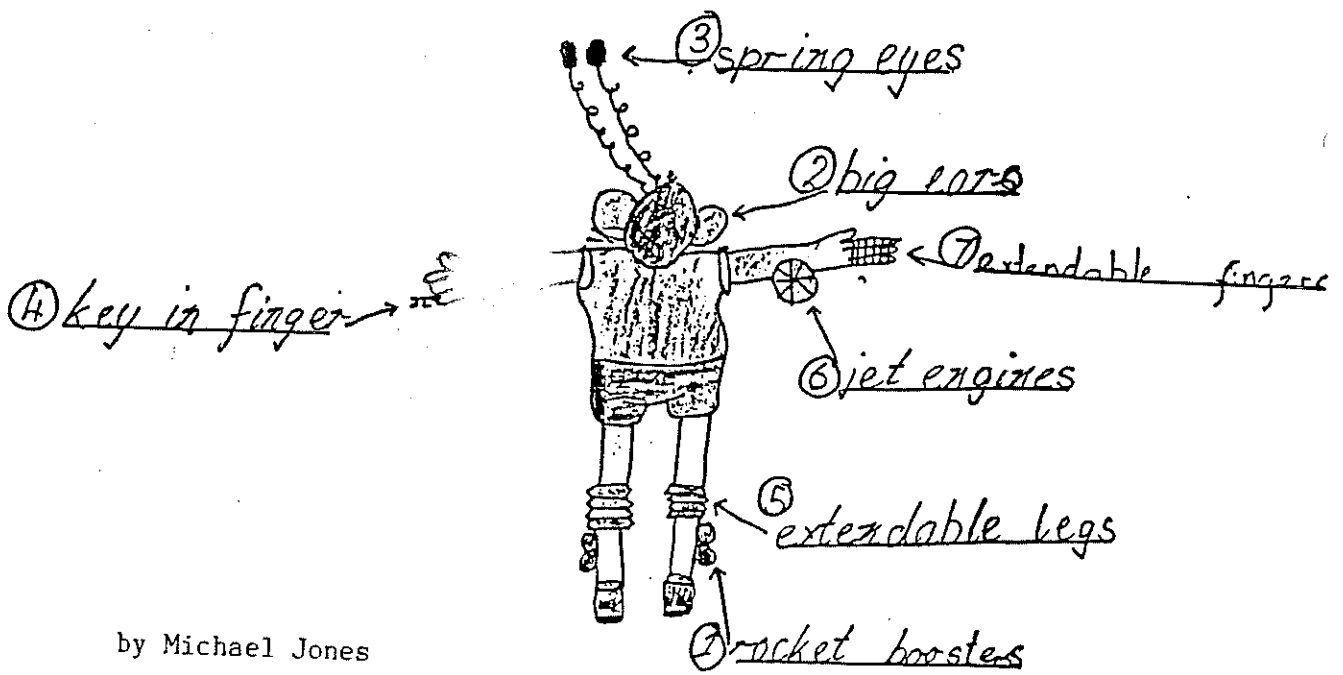
by Ben Muller

\*\*\*\*\*



by Michelle Griffiths

ASTRO BOY



by Michael Jones

- 1. to run fast
- 2. to hear through walls
- 3. to look over high things
- 4. to open doors
- 5. to walk over things
- 6. to fly high
- 7. to get a tight grip on large things

## PUBLIC NOTICE

INSTITUTE OF STATUTORY  
NUISANCES.

-ST. MARYS CHAPTER-

### NEXT MEETING

at the Primitive Chapel of  
St. Stephens and St. Kevins  
"TINGAL TONNCIL"  
Gray Rd. St. Marys

to discuss the topic

"FOLK ART - has it a future  
in Local Government?"

"Blessed be the unsightly, for  
they shall be visited by wise  
councillors"

### SPORTS NEWS

Giles and Emma Clement won gold  
and Silver at the Northern Cross  
Country Championships last  
weekend.

Giles, a grade 8 student at  
St. Marys District High School,  
achieved a well earned victory  
over a testing 3k course at the  
Trevallyn Reserve to win the  
Mens Under 14 title, an  
encouraging step in his prep-  
eration for the State Titles  
on 3rd August.

Emma returned from running in  
30° temperature in Brisbane,  
where she finished 25th in the  
Australian All Schools Champ-  
ionships, to a cooler climate  
but just as hot a pace where  
she came 2nd in the 4k Women's  
Under 18 race to her training  
partner and Tasmanian team  
mate, Mandy Westbrook.

# St. Marys BUTCHERY

Main Road, St. Marys

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Preservative Free Sausages Fresh Chickens Kebabs Sata

Orders Taken Delivery Tel: 722274

## RAILWAY STATION

## COTTAGE NURSERY

ST. MARYS

FRUIT TREES HAVE ARRIVED!!!!!!

ALL VARIETIES OF FRUIT AND NUT TREES.

PRICED FROM

\$11.50.

ALSO BLUEBERRIES, CURRANTS, AND  
GOOSEBERRIES, SEEDLINGS AND SHRUBS.

GOOD STOCK OF CLEAN DRY

PEA STRAW \$4.50 BALE

AS WELL AS MANURE, PINEBARK,

COMPOST AND SHADECLOTH.

OPEN MON - FRI.

9.30 - 4.30

and SATURDAY MORNINGS.

PHONE 722435.

## LETTER TO THE EDITOR

Dear Sir,

### NEED FOR A TAXPAYERS BILL

#### OF RIGHTS

Taxpayers are increasingly being  
asked to self-assess their own  
taxation liability under the present  
taxation system. As a consequence,  
Australian Taxation Law should  
contain specific statements on the  
rights of taxpayers.

The majority of members of the  
OECD (Organisation for Economic  
Co-operation and Development)  
recognise and have enshrined into  
law these basic rights of the tax-  
payers. Australia is a member of  
the OECD and yet it has not done so.  
There is broad consensus amongst  
the OECD countries on the basic  
rights of a taxpayer. Six basic  
rights have been agreed upon: the  
right to be informed, assisted and  
heard; the right of appeal; the  
right to pay no more than the  
correct amount of tax; the right  
to certainty; the right of privacy;  
the right to confidentiality and  
secrecy.

A great deal of the Government's  
time is spent in tightening the  
rules and regulations governing  
taxation, and therefore maximising  
revenue, but as yet little concern  
has been shown within the legislation  
for the rights of the taxpayer.

JOHN WATSON

Senator for Tasmania

# CHEAP PETROL AVOCA

## FOUR SQUARE STORE

48 K.M. WEST ON THE ESK HIGHWAY FROM  
ST. MARYS, OR 24 K.M. EAST FROM THE  
CONARA TURN OFF, FOR ALL YOUR FOUR  
SQUARE WEEKLY SPECIALS.

ICECREAM, CORDIALS, SWEETS,  
SALAD ROLLS, TEA AND COFFEE ALWAYS  
AVAILABLE.

WE ALSO STOCK 'CAMPBELL TOWN' PIES  
AND PASTIES. CALL IN AND FILL UP WITH

CHEAP PETROL, AND GET MORE

KILOMETRES FOR YOUR DOLLAR. WE HAVE

A LARGE STOCK OF NEWSPAPERS AND

PERIODICALS.

'OPEN SEVEN DAYS A WEEK FROM

7.30 A.M. TILL LATE WEEK DAYS

AND

9.00 A.M. TILL LATE SUNDAYS

FOR YOUR CONVENIENCE.

WHY NOT CALL IN AND SEE STEVE OR ANNE

AT THE AVOCA FOUR SQUARE.

PHONE 84 2123

## Sam's Cup Price



THIS SECTION OF OUR PAPER IS  
SPONSORED BY GEOFF AND  
MARGARETE WHITE. WE INVITE READERS  
TO SHARE THEIR FAVOURITE RECIPES.  
(PLEASE)

### CHEESY APPLE & ONION CASSEROLE

Equipment: Hot Plate, Oven

Ingredients:

6 Large Potatoes	1/4 Cup Cornflour
3 Onions	1 tbs French Mustard
3 Apples	250g Low fat hard cheese
500ml Skim Milk	1/2 Cup Wholemeal Breadcrumbs
Water	
Pepper	

METHOD

Cut potatoes into cubes and boil until just tender. Drain and allow to cool. Slice onions and sautee in a little water until soft. Core and slice apples. In a casserole dish layer potatoes, apples and onions alternately, until all are used. In a saucepan heat the milk. Add enough water to cornflour to form a paste. Watch milk and as it is about to boil reduce heat and stir in cornflour. Continue to stir until milk thickens. Remove from heat. Grate cheese and stir with mustard and pepper into sauce. Pour sauce into casserole. Top with breadcrumbs. Bake at 200C for 45 mins. Serve hot.

### DELICIOUS CHOP STEW

6 Lamb chops (trimmed of fat)	
2 Stalks celery (chopped)	
1 Onion	1 Can Tomato Soup
1/2 Can Water	1 Clove Garlic
1/2 teaspoon Curry Powder	
1/2 Teaspoon Basil	1/2 tsp Sugar
1 dessertspoon Oil	
2 Carrots (chopped).	

Fry Chops, onions, garlic in hot oil.

When browned add all other ingredients.

Cover and simmer for 1 1/2 - 2 hrs.

Recipes donated by Debbie Searle

This the first of the entries in the recipe competition for A \$50. Hamper to be donated by GEOFF & MARGARETE WHITE.

**SPORT CONTINUED...**

entry sheet will be posted for the club championships on October 5th, 6th and 12th. We ask all intended players to have their names listed at least 7 days prior to first round so that a proper draw can be displayed by first round. Last years champions will lead off, followed by an all in draw, for 1st round, Second round will be leading gross first and Third day will be reverse order. Let's make it our best championship yet. Congratulations to our ladies last Wednesday who went to Swansea to support their Benevolant Day. It is understood that Judy Blake was one who came home with a Trophy. Well Done Judy.

**RESULTS**

**ASSOCIATES BROOCH**

**DIVISION 1**

M. Cook	(17)	73
K. Blair	(19)	75c/b
M. Nolan	(29)	75

**DIVISION 2**

Y. Davern	(30)	69
N. Mallinson	(36)	69
L. Clayton	(35)	73

Monthly Brooch Winner Y. Davern  
Putting - M. Cook 32 c/b K. Blair

**SUNDAY COMPETITION - FLAG**

T. Blake	(28)	65	18th hole c/b
R. McGiveron	(8)	65	18th hole
J. Little	(15)	68	18th Fairway

Nearest Pin 7th R. McGiveron

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**MEMBERS STROKE**

J. Furlow	(22)	66
R. Field	(11)	67
D. Summers	(10)	68
R. Spilsbury	(17)	69
R. McGiveron	(8)	69
R. Costain	(16)	69

Nearest Pin 5th D. Summers

**SUNDAY COMPETITION - ECLECTIC**

T. Viney	29 ecl.
D. Viney	29½ ecl.
N. Mallinson	30 ecl.

Nearest Pin 7th J. Furlow

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# STARDUST

**CANCER** - June 22 - July 22

Communication with others could have an electric quality. Seek out stimulating people and listen to what they have to say.  
Best Days: 27, 1.

**LEO** - July 23 - August 23

Your emotional life settles down to a more even level and there will be considerable happiness in the fortnight ahead.  
Best Days: 20, 30.

**VIRGO** - August 24 - Sept. 23

Your outspokenness may get you into hot water if you don't compromise. If you try to live up to the expectations of others, disappointment will result.  
Best Days: 23, 28.

**LIBRA** - Sept. 24 - Oct. 23

Home, family and money will be your principle concerns. You can expect something significant to happen in the way of finances.  
Best Days: 19, 31.

**SCORPIO** - October 24 - Nov. 22

Your job, career or profession will come under pressure. It may be difficult to get a clear picture of what you should be doing.  
Best Days: 21, 29.

**SAGITTARIUS** - Nov. 23 - Dec. 21

It may be necessary to proceed cautiously this fortnight. The more thoroughly you perform any task, the more chance you have of success.  
Best Days: 24, 26.

**CAPRICORN** - Dec. 22 - Jan. 20

Your refusal to attend social activities due to family or business concerns will make this a confusing fortnight.  
Best Days: 19, 25.

**AQUARIUS** - Jan. 21 - Feb. 19.

A change of job, greater responsibility or service to others can be expected now. Be prepared to do more than your share.  
Best Days: 20, 26.

**PISCES** - Feb. 20 - March 20.

Your finances will be severely stretched this fortnight. Personal expenses will be greater than you had anticipated. Don't be too sympathetic to those wanting handouts.  
Best Days: 24, 31.

**ARIES** - March 21 - April 20

This is an important time for you and you may be the centre of attention. You may plan to entertain at home, throw a party or live it up with friends.  
Best Days: 23, 1.

**TAURUS** - April 21 - May 21

Financial matters will be the highlight and you may find yourself making provision for the future. There is a need for discipline where food and drink is concerned.  
Best Days: 21, 28.

**GEMINI** - May 22 - June 22

Your responsibilities are increasing and a heavier workload will leave less time to sit around thinking what you would like to do.  
Best Days: 19, 31.

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