

THE VALLEY AND EAST COAST VOICE

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MYALGIC ENCEPHALOMYELITIS

by

Tim McManus, Veterinary Extension Officer, D.P.I.F.&E.

Already this year I've had several enquiries from people suffering from Myalgic Encephalomyelitis, also called M.E. or more popularly the "Chronic Fatigue Syndrome".

M.E. is of interest to me because it is a common sequel to many zoonotic infections such as Ross River virus disease from wallabies, Rickettsial Spotted fever from marsupial ticks and Leptospirosis from pigs and cattle.

Other common precursors to it are Epstein Barr virus infection, which causes glandular fever, and Cytomegalovirus infection. Incidentally, there is some anecdotal evidence that these latter two might also have their origin in animal carriers.

Formerly it was believed that M.E. only affected people of above average intelligence. It thus acquired the media label of "Yuppie Flu". This is rubbish. There is no particular social, sexual or mental distinction between sufferers, although it is rare in young children.

At first glance Myalgic Encephalomyelitis might seem to be a hypochondriac's delight. The symptoms of the condition are numerous and largely non-specific. It is often difficult to persuade anyone else that there is something wrong. Even some doctors do not recognise the condition. Nevertheless, it must be stated that Myalgic Encephalomyelitis is a very real and quite distressing illness, as any sufferer will confirm.

The most pronounced symptom of M.E. is an almost overwhelming, chronic lethargy. This is particularly noticeable after moderate exercise which previously the patient could undertake with ease. A regular complication is a recurrence of symptoms of the disease preceding the M.E. For example a return of the arthritic pain from a Ross River virus infection.

The frustrating tiredness is accompanied by various mental changes such as loss of short term memory, inability to concentrate, and difficulty with comprehension. Reading, especially in bed, becomes almost impossible without dozing off.

Motivation and incentives become dulled, and previously active persons revert to a semi-senile life style, to the fury of their spouses and the bewilderment of themselves. Frequently they think they are going mad. For this reason M.E. in some instances becomes a hidden disease, which anguished sufferers attempt to fight in secret, uncertain about their health, and fearful lest their nearest and dearest discover they are not as normal as they seem.

Cont Page 6

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WHAT'S ON

MEALS ON WHEELS

REPORT OF ANNUAL MEETING OF MEALS ON MEALS FINGAL VALLEY GROUP.

The election of Office Bearers for 1992-3 were as follows-

- President - R. H. Yates
- 2nd President - Doris Bullock
Tom Baker
- Secretary - Jack Miller
- Treasurer - Les Rubenach
- Auditor - Jim Pawson

Committee - Prev Mills, G.S. Lowe, Margaret Bullock, Pauline Berwick, Una Camplin, Kaye Turner, Dot White, Heather Lodge, Ruth Saunders, Pat Burgess, Sister Smith, Mrs Herring.

A special bonus for an Annual Meeting this year was the presence of Mr Pinkard and Mr Dermody, President and Secretary of Meals on Wheels Tasmania who were on their bi-annual tour of East Coast Meals Groups.

Jack Miller
Hon. Sec.

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to 11.30am Ages 0-4 R.S.L.
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THE ANGLICAN PARISH OF ST.HELENS

Please be advised that the times are:

Second Sunday 9.30am Scamander
HOME FOR TEA

Third Sunday 11.15am Falmouth
Anglican Church

Fourth Tuesday 10.30am Scamander
HOME FOR TEA

For any enquiries please telephone
761144.

NOT AS STATED ON CHURCH NEWS.

ST.MARYS DISTRICT HOSPITAL AUX
MEETING, MONDAY JUNE 1st at
7.30 HOSPITAL DINING ROOM. NEVILLE
PEAKE WILL SPEAK ABOUT THE
HEART START MACHINE.

ROCKY ROAD

- 375g of Light Melting Chocolate
- 1 Pk Mixed Marshmallows (Pink
and white)
- 1 Pk Glace Cherries
- 1 Cup of Walnut Pieces

Melt chocolate in double boiler.
Mix altogether and spread to
a suitable thickness.

When cold cut into pieces
and store in a glass jar
if possible.

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CHURCH NEWS

◆ FINGAL-PORTLAND UNITING CHURCH

Parish Services:

Week	1	2	3	4
St Marys		11am	11am	11am
Scamander	11am	9am	9am	9am
		Kuca Club Monday 4.00pm		
Fingal	9am	9.30	9.30	9.30
		Sunday School 9.30am		
St Helens	7pm	7pm	7pm	7pm

Parish Youth Group ring 725 139 or

761 141

All Welcome

725 139

◆ 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 Rozeignol	Fingal	742113

◆ SEVENTH DAY ADVENTIST

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	11.00 a m Family Worship
	6.00 p m Songs of Pralee
	<u>Tuesday</u>
	10.30 a m Ladies Fellowship
	<u>Wednesday</u>
7pm	7.30 p m Bible Study

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◆ 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

◆ THE ANGLICAN PARISH OF ST HELENS

St Pauls Church

8.00am)	Every Sunday
9.30pm)	Every Sunday
7.00pm	1st, 3rd. & 5th Sundays
Sunday School	
3.30pm	Mondays
Pyerigana	
11.15am	2nd Sunday
7.30pm	4th Wednesday
Falmouth	
9.45am	1st & 3rd Sundays
Scamander (Home for Tea)	
10.30am	4th Tuesday

SPORT

ST. MARYS GOLF NOTES

by Tee Up's Mate

Unfortunately Tee Up is crook at the moment and we all wish her a very speedy and full recovery. It's not the same without you Tee Up.

The East Coast Pennant has begun for 1992 and St. Marys have had to battle in two tough encounters for a 6-3 and 5-4 win respectively. The first week saw the team travel to Malahide, where the young and enthusiastic Malahide team put on an impressive effort and St. Marys experience was fully tested by this Malahide team. Malahide are to be congratulated for their junior programme and by giving these juniors a chance to play Pennant golf, Malahide are going to be an excellent team in years to come. Further evidence of their improvement was a fine effort at Bicheno last weekend. St. Marys first home game was a nailbiter when playing last years winner St. Helens.

There were some extremely close finishes and St. Marys had to pull out all stops to bring

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in a good 5-4 win. Special mention to Shan Wilmot for forcing a fine win by taking the game to the 19th hole and then shooting a good birdie to win his match. Well done Shan. It's great to have Kim Howe and Craig Mitchell back this year, together with new team members Barry LeFevre, and Todd Summers.

In Reserve Grade after a comprehensive defeat at Malahide, St. Marys fought back really well to defeat St. Helens and a few more wins could see the team push for this year's flag.

This upcoming week St. Marys is visited by Bicheno and team skipper Graham Dale asks all players to try and practice if possible.

In club golf St. Marys has just had two fantastic weeks in both Associates and Members events. Last week the ladies played the Draw for Partners Foursomes and it proved to be extremely popular once again, and at time of issue of Valley Voice the Barclay Shield would have just been completed. Scores for that will be in next Valley Voice.

In members golf the club was recently visited by Mowbray Golf Club and it proved to be a huge success when a Canadian Foursomes was played. There were 36 Mowbray players together with 30 St. Marys players on the day, and the spread put on by the ladies after golf was just fantastic. These days are terrific and it is hoped that a contingent from here will be able to visit Mowbray later in the year.

Last week saw the first playing of

Continued Page 6

Cont'd from front page...

I suspect there are quite a few people out there, particularly among rural residents, who have, or have had, this mysterious illness. I want to reassure them that they are not going mad; that it is not a life-threatening illness; that in 18 months or so, with the aid of nutritious food, moderate exercise and plenty of rest, they will make virtually a complete recovery.

Meanwhile, it is most important that the disease be confronted and not hidden, or worse still, disbelieved. To this end sufferers should seek out an experienced specialist physician to advise them and give them a thorough clinical examination. It is also useful, if this is not known from previous tests, to determine, by blood serology, the actual cause of the Myalgic Encephalomyelitis, in case other family members are at risk.

Finally, although as I said, recovery is inevitable and virtually complete, past M.E. sufferers will always know they have had it. The most usual after symptom is a tendency to need a short nap in the middle of the day, especially after lunch. Do it. Not only will it enable a proper afternoon's work to be achieved, but a brief snooze in an arm chair is infinitely safer than falling asleep behind the steering wheel of a tractor or a car.

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WE SERVE THE WHOLE EAST COAST
AND THE FINGAL VALLEY

the Geoff Gill Memorial Trophy very kindly donated to the club by Ruth Gill. This is a great gesture Ruth and it will become one of the major events on the calender over the years. This Saturday is the Smokey Newman Memorial Trophy over 18 holes, commencing at 9.30am. A good field is anticipated. A big thumbs down to the persons involved in the damage to the 7th and 8th greens recently. The club does not appreciate this and action will be taken against anybody who is caught acting in this manner in the future.

RESULTS

PENNANT V MALAHIDE AT MALAHIDE

A GRADE	St. Marys 6	def	Malahide 3
S. Dawson	at 20th	def	D. Lowe
K. Howe	5/4	def	E. Turner
S. Wilmot	1		L. Stingle at 20th
C. Davern	2/1	def	A. Johns
J. Newman	6/4	def	R. Cowie
K. Davern	1		S. Barnes 2/1
G. Dale	3/2	def	M. Johns
R. McGiveron	2/1	def	C. Barnes
B. LeFevre	1		D. Scott 5/3

RESERVE GRADE ST. MARYS 0 1
MALAHIDE 5

L. Cook	1	D. Ellis	6/5
J. Haas	1	A. Scott	5/4
T. Hardy	1	A. Turner	6/5
G. King	1	A. Bosworth	1 up
T. Summers	1	W. Lowe	6/4

PENNANT V ST. HELENS AT ST. MARYS
A GRADE ST. MARYS 5 def ST. HELENS 4

S. Dawson	1	S. Wright	3/2
K. Howe	2up	def	R. Barr
C. Mitchell	4/3	def	R. Dakin
D. Berwick	1 up	def	E. Marshall
S. Wilmot	at 19th	def	T. Harrison
C. Davern	2/1	def	B. Barr
J. Newman	1	D. Coker Williams	6/4
G. Dale	1	P. Nankervill	7/6
R. McGiveron	1	M. Dewhurst	2 up

RESERVE GRADE ST. MARYS 3 DEF
ST. HELENS 2

B. LeFevre	at 20th	def	W. Rooke
L. Cook	1	M. Dobson	at 19th
T. Blake	2/1	def	A. Trelloggen
T. Summers	1	Z. Denman	7/5
J. Haas	3/1	def	C. Walker

ST. MARYS

DISTRICT HIGH SCHOOL

GRADUATION:

Congratulations to Jason Costain, Jodie Bennett and Tanya Haas who recently graduated from the University of Tasmania.

Jason gained his Bachelor of Applied Science degree and he is now studying Honours in Aquaculture.

Jodie and Tanya received their Diplomas of Health Science in Nursing.

CROSS COUNTRY:

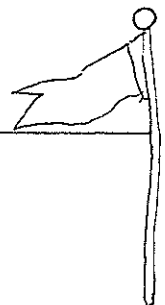
State champions! The St Marys District High School Under 11 Boys team won the school's first ever State cross country title on Sunday, 24th May, at Brooks High School, competing in the 1992 Tasmanian All School Cross Country Championships.

The team of Matthew Viney, Stuart Ireland, Tristan Clement and Tristan Ireland finished 2nd, 5th, 7th and 8th in the 2km race, scoring only 14 points for its best 3 places, to win the team championships on the first time that the State Championships have included an Under 11 title race. Matthew was the foundation of the win, finishing well to take out 2nd place in 7 mins. 46 secs. for 2km. Stuart Ireland also beat 8 minutes (7.57) while Tristan Clement (8.14) narrowly shaded Tristan Ireland (8.17).

While Stuart will move up to the U13 event next year, Matthew and the two Tristans are still only 9 years old, and will still be eligible to defend their title next year.

St Marys representative in the State Under 15 Title, Giles Clement, was running his third race in 8 days. Over a testing 4km course, Giles was always in the front bunch of the 9 runners which quickly broke away from the main pack. By the 3km mark, the front runners had settled into their final positions, with Giles finishing a creditable 7th in the State in 15 minutes 32 secs.. over 4km. He will have the chance of winning a place in the State team to run in the national titles when he competes in a time trial race at Riverside in a fortnight.

No other girl in the State fronted up to race against 16 year old Emma Clement in the Girls Under 19 title event. So, Emma, now in Grade 12 at Launceston College, ran against the Under 19 Boys, chasing the fastest boys in the State over 6kms, before waving them goodbye as she crossed her finishing line and watched them disappear to complete their 8km event. Emma was selected to run for Tasmania for the 5th successful year, in the National All Schools Championships to be run in Alice Springs next month.



DOOMS DAY :

I heard the steady clunk coming down the stairs. As he entered the small cellar like room, I turned to meet his gaze. I could not believe that this man whom I'd once loved and trusted was doing this to me. He took hold of my arm and led me up the stairs. I slipped into a daze thinking how this was the point of my life that I stopped being a child, stopped leading my own life. Presently the steps leveled out in to a carpeted room. I remembered all the good things that I'd done in my life and all the fun I'd had, all those long and peaceful hours just strolling through the garden or along the beach. I'd never be able to do any of those wonderful things again.

The man standing at my shoulder now seemed like at stranger, I remembered how I'd loved him all my life but I had to push aside feelings of love. After what he had done to me I could not or would not ever feel any thing but hatred for him now.

He led me into another room filled with people that I felt I should know. Everyone turned and smiled at me, I felt that they had all taken part in the plotting of my future.

I said good-bye to my past, but I could not greet my future with open arms. When we reached the end of the room a stranger stood at my side. I was asked questions, I just gave them the answers that they wanted to hear. I had resigned myself to the fact that I was going to spend the rest of my life with this stranger and I had my father to thank for it.

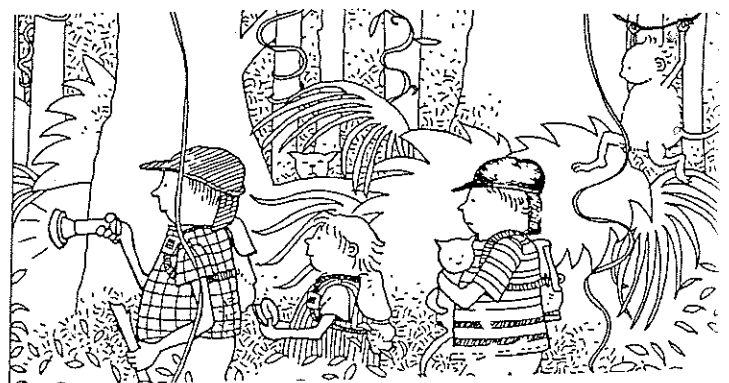
As I said the fatal words "I DO", I turned to look for the first time at the man I'd just married. He looked as scared as I felt.

BY SHANNON GREER
GRADE 9A

9C CAMP :

The 9C students went off on a camp on the 14th April for three days. Our teachers were Mr Holt, Mrs Riley and Mr Burns. Mr Burns was the man who was to take us on a walk to find old mines on the Blue Tiers. When we arrived at the camp site we set up our tents and had our lunch before we went on the walk. The walk went for 5 hours to find an old railway track and a big crusher that crushed rocks for tin. After Mr Burns showed us 2 caves with glow-worms in them we went back to the camp site and made our own tea. For tea that night, we had chops, chips and onions.

The second day we went on an 8 hour walk to the other old mines and caves. We also went to the St Columbia Water Falls and that was great. When we went back to the camp site, everyone was spending their time getting their clothes dry. For tea that night we had baked beans and spaghetti, which everybody guzzled down because they were hungry after the big walk. On the last day of camp we went on a 2 hour walk to see other things. We also went for a swim at the Bay of Fires. Mr Holt jumped straight in, but he soon jumped straight out. All up, our camp was great and the teachers were great too.



PRIMARY

SCHOOL

FAIR

The Fair was a marvellous success.
That just about says it all. But,
success is often measured by the
amount of support given to a venture.

Once again our parents out-did them
selves. A feature of the day was
the assistance given by those fathers
fortunate enough to have the rostered
day off.

Bruce Miller, Terry Miller, Keith
Miller, David Bean, Neil White, John
Walker, Gilbert Woods, Michael Sweet,
Norm Adamczewski,. Hope I haven't
forgotten anyone.

But truly, a great day, with great
help from all our parents.
At this stage the profit look like
being around the \$1550-00 mark.

Raffle Winners were -
1st. Harold McCarthy
2nd. Tamiaka Gillies
3rd. James Williams
4th. Peter Brumby

SHUTTERS

The shutters are now in place and have
blended in with the surrounding
buildings extremely well.

We now most sincerely hope that they
do all that they are supposed to.

AUTUMN

Flowers don't grow,
Fruits falls,
And frost comes.
Some people wear skivvies.

James Williams
P-1-2

☆ Poem About Lighthouses. ☆ P/1/2.

By Katie Miller
and Abbie Woods.

There is a man who lives
In a lighthouse.
He cleans it every night.
When the moon is full
The light flashes,
And Captains say thank you
To the lighthouse man.

☆ Poem. ☆

By Louise Cowie
and Tamiaka Gillies.

In far off lands there are lighthouses.
So they shine their lights
So ships can see.
In the middle of the sea,
On the beach,
They shine their lights.

AUTUMN

In Autumn leaves fall to the ground
Leaves turn golden
The trees turn bare
It is cold when we have a frost.

Tamieka Gillies
P-1-2

Prep-1-2 children
have been working
with feathers to
produce some
very good
art work.



by
Damien Claridge

MS READ-A-THON

Entry forms for the Ms Read-a-Thon are available from the school office.

Parents are responsible for their child's entry. Also for collecting monies and forwarding them to the MS group.

2nd TERM STARTING TIMES

A reminder that starting time for Term 2 is 9-30a.m.
Lunch will be from 12-30 till 1-00pm
Please don't forget

RECYCLING

We have now prepared an area in the school paddock (just below the school house) where people are welcome to leave glass and aluminium cans.

As well as being an environmentally friendly project - we raise money for a variety of items, for the benefit of our children.

PLEASE SUPPORT US

MUSIC CAMP - HAGLEY

We would like to wish Tahnies Gillies and Erica Adamczewski every success when they represent the school at the forthcoming Music Camp at Hagley.

SANDPIT

Work has started on the construction of our new sandpit.

We hope that this will be ready for use by the start of 2nd Term.

Good building to our dads and in particular David Lowe.

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EXTRACT FROM WALSH'S ALMANAC FINGAL VALLEY

1864
(Part 7)

The crossing here is sometimes attended with risk, if not danger, from quick sand or soft bottom, admitting of the horse sinking with his rider to such a depth as at least to ensure him a wetting; but this does not often happen. Sometimes, but not so frequently as at Falmouth, this barway also is closed.

The entrance to George's Bay is both intricate and dangerous, except for small vessels of light draught of water -not exceeding about 6 or 7 feet. The bay is some five miles deep, varying in width from half a mile to one mile off a branch called Moulting Bay, a favourite resort of black swans during their moulting season, when they may be seen here in large numbers.

The soil in the vicinity of the bay, and on its shores, is poor in the extreme, except in the immediate vicinity of the mouth of George's River, and there is also a deficiency of fresh water. There is a navigable channel, tortuous and somewhat narrow, running down the bay, which is sometimes visited by small coasters, to bear away the produce, grain, potatoes and dairy stuff grown by the few small farmers on the banks of George's River.

Not far within the entrance of the bay stands the neat little villa of Simeon Lord, which was formerly the barrack of the military quartered there, but is now occupied, with Mr. Lord's permission, by the constable stationed here.

Beyond George's Bay there are not any residents nearer than the Bay of Fires, where there is a stock station. The Scenery of George's Bay is picturesque and interesting, and between it and Falmouth by way of the beach, the entrance to a very beautiful lake called Dianna's Basin, is seen. This extensive sheet of water is surrounded by lofty hills, whose sides are wooded to the water's edge; on the surface may be seen swans and water fowl in numbers sporting in their calm retreat.

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MORE DETAILS NEXT ISSUE

CONGRATULATIONS

TO

ANDREW VINEY

WHO WILL BE PLAYING HIS

250TH CLUB GAME

ON SATURDAY 13TH JUNE

WELL DONE ANDREW!!

CRAYBAKE CANCELLED!

DUE TO THE UNAVAILABILITY OF

CRAYFISH,

WE REGRET WE HAVE TO

CANCEL THE FUNCTION

WHICH WAS TO BE

HELD AT BICHENO.

Mr. Glover, the celebrated artist, was so charmed with the beauty of the scene, that it became the subject of one of his most pleasing pictures.

The District of Fingal is devoted chiefly to dairy farming, its distance from market forbidding extensive agricultural operations. The climate of the district is most salubrious, its altitude mitigating the summer heat, while within about twenty-five miles of the coast the influence of the sea-breeze is felt in the afternoon cool and refreshing. During the winter months the temperature is sensible, lowered as in other Piedmontese spots, when the mountain of Ben Lomond, 5,000 ft high above the sea, is covered with snow, and especially when the wind blows from the mountains.

Crossing the bridge at Fingal, the traveller may proceed either to the gold-field at Mangana, or through the Malahide Estate towards the townships of Evercreech and Fonthill, the latter situated at the junction of the Tyne and the Esk. The township of "Mangana" (the name by which the aborigines of Tasmania designated the South Esk River) stands near the head of this valley; there is a small inn here, and a few huts have also been built by the gold diggers.

Near the township are the works of the Fingal Quartz Crushing and Gold Mining Company, who have been under the necessity of suspending their operations from the exhaustion of their capital. Their first work, a Chilian mill set in motion by the small steam engine of ten horse power, produced a return of gold from the crushed quartz that was remunerative, and induced the Company to invest in more powerful and extensive machinery of 50-horse power, which from its first operation caused much disappointment; three batteries of stampers were here substituted for the continuous pressure of the rollers of the Chilian mill.

(Continued next issue)

SPORT continued from page 6MOWBRAY VISIT CANADIAN FOURSOMES MEMBERS

<u>Best Gross</u>	J. Russell-	
A. Southeran	69	
<u>Pitchford Trophy</u>	R. Edmunds-	
B. Clarke	62 nett	
<u>Nett Score Mowbray</u>	A. Nettlefold-	
G. Salter	63 nett	
<u>Runner Up Trophy (Mowbray)</u>		
L. Cannell - M. Carter	63½ nett	
<u>Runner Up Trophy (St. Marys)</u>		
C. Mitchell - R. Spilsbury	63 nett	
<u>Nearest Pins</u>		
5th	J. Russell - A. Southeran	
6th	P. Clark - D. Rainbow	
<u>Most use of the course</u>		
D. Cannon - F. Lewis	111	

ASSOCIATES DRAW FOR PARTNERS FOURSOMES CHALLENGEDay 1

L. Clayton - M. Murray	69½	
H. Hayes - K. Blair	70	
C. Gunson - M. Nolan	71½	
Stroke M. Mitchell	(36)	64

Day 2

M. Nolan - C. Gunston	68½	
M. Cook - S. Oliver	73½	
M. King - J. Blake	74	

WINNERS GROSS 36 HOLES

M. Cook - S. Oliver	197
---------------------	-----

WINNERS NETT 36 HOLES

M. Nolan - C. Gunson	140
----------------------	-----

PUTTING TROPHY

M. Cook - S. Oliver	61 putts
---------------------	----------

MEMBERS GEOFF GILL MEMORIAL TROPHY

G. Hayes (16)	63
G. Dale (11)	64
D. Summers (10)	65
T. Hardy (19)	66
D. Berwick (7)	66
Best Gross-	D. Berwick 73
S. Dawson, C. Mitchell,	
D. Summers, G. Dale	all 75
Nearest Pin	3rd R. McGiveron
	7th C. Berwick

SUNDAY COMPETITION

T. Viney (7)	66
R. Costain (16)	67
B. Hardwicke (25)	68

WHAT IS THE BIBLE(Cont ...)

About 60 years age, we had'nt been married many years and struggling for success, we used to get the flu each year and it was a very bad form, it was impossible to keep going, you just had to go to bed until you got better. We both got it. I lost 2 weeks work and went back before I was properly well. I worked one week and got a relapse and was laid up for another 3 weeks, in those days there was no financial support for sickness, No Work, No Pay. I was not a Christian then but I believed in God, and said "Lord, next time this flu comes around give us a spell will you. It was a crude sort of a prayer, but the Almighty God heard it and in His great love and mercy answered. We have never had the flu since, sometimes we would get a cold or perhaps a very slight attack, never have we been ill enough to go to bed and I never had to lose a days work. I have seen it so severe that the mine where I worked was nearly closed down because so many were laid up with the flu. But I was able to keep going. This is how Gods love works for those who believe in Him. Time and time again in his love letter He confesses His love for us and in as many times he expresses his love, I have loved you with an everlasting love, again he says "Return unto me for I have redeemed thee and as far as the East is from the West so far have I removed thy transgression from thee, come let us reason together, Though your sins be as scarlet, they shall be as snow, though they be red like crimson they shall be as wool. Come unto Me all ye who are weary, heavy laden and I will give you rest.

(By Mr Alf Faulkner)

Cont next issue

ANNUAL REPORT - 1991/92

It gives me pleasure to again present Annual Report of the Meals on Wheels - Fingal Valley Group having completed twenty-two years of operation.

During the past year 6,124 meals were delivered, this being some on hundred and twenty four more than last year.

The cost of meals to recipients has remained at \$2.20 per meal or \$11 per week of five meals. Meals are at present being delivered by our group at St. Marys, Cornwall, Fingal, Mathinna and until quite recently to Mangana.

The financial position of the Group remains in a sound position. Christmas cakes and cards were again distributed for the festive season which were well received.

Additional drivers are always welcome to spread the load, and I ask Committee members to recruit new drivers at every opportunity.

Five meetings were held during the year with an average attendance of 66%.

I extend my sincere personal thanks to all members of the Committee for their loyal support and assistance, and I would especially thank Jack Miller as Secretary and Les Rubenach as Treasurer for the untiring attention given to their respective duties.

May I also thank Mrs. Doris Bullock for acting as our liaison officer with the Hospital Kitchen Staff. Mrs. Margaret Bullock who performs a much appreciated service of providing a birthday card for each recipient. I would also like to thank the St. Marys Hospital Staff for providing the meals and the fact that have very few complaints (if any) is testimony to the quality.

Finally I would like record our grateful thanks to the many drivers who each month perform their task by delivering meals without any fuss or bother.

In short I believe the Meals on Wheels service in this area runs smoothly and efficiently due to the efforts of all concerned.

R.H. Yates, President

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SPORT

FOOTBALL

St. Marys played St. Helens at St. Marys in fine conditions.
UNDER 16's

St. Helens proved much too good for its smaller opponents to win comfortably: 16.11 to 4.0.

Although out classed, St. Marys fought the game right to the finish.

GOALS: ST. HELENS: M. Haig 9, S. Mallinson 2, D. Mundy, T. Hay, S. Love, A. Lockwood 1;

ST. MARYS: Lehner 2, J. Faulkner, M. Radford 1.

BEST: ST. HELENS: V. Walker, M. Haig, J. Gilroy, P. Davis, L. Humphries, C. Waters.

ST. MARYS: J. Faulkner, T. Riley, D. Morris, Lehner and M. Radford.

RESERVES

St. Marys defeated St. Helens 17.18 to 5.6., rather easily. St. Helens kicked the first goal, but after this were outclassed by a fitter and more talented team on the day.

BEST: ST. MARYS: A great team effort once again.

GOALS: ST. MARYS: L. Spilsbury 4, P. Mason, N. Forsyth, G. McDonald, V. Donald 3, J. Viney 1.

ST. HELENS details were requested, but were not received.

SENIORS

After an even first quarter, when St. Marys led by seven points, the home side gradually asserted their superiority, and went further ahead at each change. They were 42 points ahead at half time and went on to win comfortably by 98 points in a disappointing result, especially after St. Helens had won their first encounter rather easily.

The final quarter was somewhat brightened up by a 'Jacko' performance by one player after he goaled.

St. Marys won handsomely at the centre bounces, through John Miles and Michael Viney, across the centre where Brent Leedham, Mat Williams and Simon Dakin were dominant, forwards A. Viney and R. Squires well to the fore, and Roger Salter doing a lot of hard work in the packs around the ground. A good effort by all players.

St. Helens were best served by P. Taylor, N. Vincent, J. Leonard, D. Summers, M. Davis, C. Pollington.

Football cont'd....

GOALS: ST. MARYS: A. Viney 7, R. Squires 5, D. Ridgers 3, M. Williams, J. Miles, A. House 2, R. Salter, S. Dakin, B. Leedham 1.

ST. HELENS: P. Taylor 4, J. Barr 3, K. Noble, R. Mayne, J. Watts 1.

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REASONABLE RATES

CONTACT AGENTS IN YOUR AREA

- * Fingal - Holders Shop
- * St Marys - Betta Cut Meats
- * Scamander - Pedros
- * St Helens - Hardware Store
- * Binalong Bay - Binalong Bay Store
- * Bicheno - Log Cabin Hardware
- * Swansea - Swansea Hardware

Visiting These Areas Weekly

INDOOR HOCKEY

Round 10

In the biggest boil over since Polly forgot to take the kettle off, Black Adders thrashed Phantoms 6-2. The result was made to look even worse when one considers that Adders only had four players. The term 'Ghost Who Walks' aptly describes the Phantoms as they 'walked' through most of the game and had about as much influence on Eddie Legge and friends as 'Ghosts' at a convention of Sceptics International! The Phantoms were reduced to Bandar Pygmies in this game as Messrs Legge, Haywood and Burrows weaved their magic around the former Nemesis of Evil Doers. Phantoms are believed to be shattered at the loss in which they surrendered top spot on the ladder to the Adders. The masked men (and women) will indeed have to do some soul searching before next week and could do worse than bringing Hero and Devil off the bench to add a bit of 'kick and bite'.

The other results paled into insignificance.

Round 11

From chocolates to boiled lollies - that adequately describes the Adders who snatched top spot after Round 10, only to be humiliated by Coasters 8-3 this week and sent to 4th on the ladder.

Phantoms and Raiders fought out a very tough 4-4 draw. The game was drawn and so was a little blood. Thanks Shep!

Alternatives flogged a demoralised and under-manned Fingal 15-3 and now sit on top of the ladder after this percentage booster. Observers likened this game to St Kilda playing Carlton - a real cake walk for the Saints.

Goldies have been playing much better hockey over the past few weeks and defeated Meanies 6-3 to climb from the bottom to 7th. Avoca were beaten 2-3 by Panthers and with Lindsey Nicholson out for several weeks Avoca may struggle.

Ladder after Round 11

	Pts	%
Alternatives	16	231
Phantoms	16	226
Coasters	16	190
Adders	16	142
Raiders	15	187
Avoca	9	
Goldies	7	
Meanies	6	
Fingal	5	
Panthers	4	

Short Corner

LETTER TO THE EDITOR

Dear Sir,

80% OF POPULATION BETTER OFF
UNDER FIGHTBACK.

Despite the criticism of Government, Treasury documents continue to reveal that if all Australian households were divided into 10 groups of equal size ranked by income, then 80% or 8 out of 10 of the groups would be better off under the Coalition's FIGHTBACK package.

While the Coalition believes that the Treasury analysis is flawed with the benefits for families under the Fightback! package greater than the treasury analysis, the documents are still very much inconsistent with the Federal Government's claim that over 70% of wage and salary earners would be worse off under Fightback.

The documents were released without fanfare by the Treasurer as the result of a request by the Coalition under the Freedom of Information Act.

Further, the adoption of the Coalition's Fightback package would help to create two million jobs by abolishing seven unfair taxes and re-building business.

Yours Sincerely,
John Watson
Senator for Tasmania

PROJECT GREENLEAF
30,000 TREES IN GIVEAWAY

Project Greenleaf 1992 - Australia's largest community tree-planting program - was officially launched in Devonport in April.

Now in its 13th successful year, Project Greenleaf will involve hundreds of Tasmanian community groups planting more than 30,000 native trees provided by APPM.

The tree-planting program was initiated at the launch of the project at the North-West Regional College of TAFE - Devonport, by the Minister for Forests.

The college has a long history of involvement in Project Greenleaf, having set up its first plantation of Eucalypts ten years ago.

To mark this year's launch, APPM Forest Products General Manager, Mr. David Bills, presented the college with 180 trees (covering 14 species) for the development of a new plantation close to the original one.

Students at the college began planting the new seedlings with the help of the muscle of Tasmania's champion axeman, David Foster.

Mr Bills said the theme of Project Greenleaf for 1992 again was, "Plant a tree to fight the Greenhouse effect".

"We are urging people to plant trees which convert the common 'Greenhouse' gas, carbon dioxide, to oxygen", he said.

Mr Bills explained that community groups could now apply for 20 different species of Australian trees by contacting APPM for an order form which must be returned by the end of May. Trees would be distributed through municipal councils in June.

"Last year in Project Greenleaf, seedlings were provided to around 500 municipalities, schools and community groups throughout Tasmania," he said.

Over the 13 year period of Project Greenleaf, APPM will have provided nearly 400,000 trees to community groups.

Mr Bills said that each year APPM grows and plants more than 4 million trees in Tasmania and at the same time regenerates natural forest with seed.

APPM will also award three \$500 grants to assist the projects judged the most worthwhile in each region.

(Taken from May edition of the Tasmanian Business Reporter.)

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STARDUST

GEMINI May 22 - June 21
 Spending must be kept to a sensible level this week. Leisure activities or outdoor interests will provide a nice break. Lucky numbers; 14, 27, 34.

CANCER June 22 - July 23
 This is an exciting week full of challenges and surprises. Lots of activity can be expected on the home front. Lucky numbers; 12, 26, 41.

LEO July 24 - Aug 23
 An unexpected monetary gain is indicated, and your good feelings and generosity towards others will be intensified. Lucky numbers; 9, 20, 45.

VIRGO Aug 24 - Sept 23
 Travel, health, speculation, buying or selling all show gain. Mixing business with pleasure is likely to pay dividends. Lucky numbers; 3, 32, 44.

LIBRA Sept 24 - Oct 23
 This is a favorable week for shopping and hunting out bargains. You will be in a favourable position to accept or reject career offers. Lucky numbers; 8, 21, 39.

SCORPIO Oct 24 - Nov 22
 This is certainly a good-time week with lots of entertainment. Some will have good fortune with speculation or games of chance. Lucky numbers; 18, 21, 39

SAGITTARIUS Nov 23 - Dec 21
 Little will upset you now, and improvements in your health and welfare can be expected. Many will be busy with exercise programs. Lucky numbers; 15, 24, 38.

CAPRICORN Dec 22 - Jan 20
 You will make a good impression on all the people you deal with this week. It is a good time to join a club or charitable organisation. Lucky numbers; 1, 23, 37.

AQUARIUS Jan 21 - Feb 19
 Personal relationships may cause a few worries this week. Don't take everything to heart; others will compromise if you let them. Lucky numbers; 4, 11, 18.

PISCES Feb 20 Mar 20
 A very mixed week is ahead, with lots of routine affairs to cope with. Put your ideas into action, as you are likely to get what you want out of life. Lucky numbers; 13, 17, 25.

ARIES Mar 21 - Apr 20
 Domestic commitments may be difficult to co-ordinate, so be wary of adding to your duties this week. Financial offers should be investigated before decisions are made. Lucky numbers; 2, 5, 35.

TAURUS Apr 21 - May 21
 Get through all your domestic chores and prepare to take one or two chances outside the home, as luck is riding with you this week. Lucky numbers; 15, 16, 30.

MEALS ON WHEELS

<u>JUNE</u>		<u>ST. MARYS</u>	<u>FINGAL</u>	<u>MATHINNA</u>	<u>HANGANNA</u>
MONDAY	1	Mary King	Shirley Parker	Tom Baker	
TUESDAY	2	Ruth Aulich	H. Richardson	Max Ellis	NOT
WEDNESDAY	3	A. Greenwood	Jan Marshall	Cynthia Webb	
THURSDAY	4	Jean Schier	Prev Mills	Christine Scott	
					AVAILABLE
SUNDAY	7	Jeff Faulkner	Aub Oliver	Kaye Turner	
MONDAY	8	Debbie Barnes	Kaylene Sutton	Tom Baker	
TUESDAY	9	P & M Berwick	Heather Mills	Max Ellis	
WEDNESDAY	10	D. Robinson	Kaye Cooke	Cynthia Webb	
THURSDAY	11	Rona Gatty	Robyn Crockett	Christine Scott	

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