

The Valley and East Coast Voice

Volume 33 Issue 23

Friday 28 April 2000 50cents

CONFERENCE UPDATE

A recent visit to Victoria included two days at a conference in Melbourne.

The Lymphoedema Association of Victoria Inc. in conjunction with the Australasian Lymphology Association hosted the 3rd Australasian Seminar "Experiencing...Challenging... Coping".

Early Saturday morning some 350 people with out-sized arms and/or legs arrived at the Carlton Crest Hotel Ballroom from all parts of Australia to hear what eminent specialists had to say about "Putting on the squeeze" or "Doing the Walk of Life".

We heard about the latest research, or lack thereof; genetic links; medical lymphatic drainage and manual drainage (massage); the importance of early detection; nutrition; podiatry; garments.

What was the over riding message from all these eminent speakers? That people with lymphoedema are consumers and therefore should be offered choice and quality accessible information.

That the condition is "much, much more common than previously realised and there are now an estimated 200,000 to 400,000 people in Australia with the 'dis - ease', and that it effects other diseases as well.

That generally speaking there is a:

- lack of knowledge
- lack of interest
- lack of technology

in dealing with this debilitating dis - ease.

That there is no agreement by the professionals:

- on prevalence
- on measurement
- on treatment of the condition.

That much research is required.

That much funding is needed from both the corporate and government sectors.

The priorities in research were with :

prevalence — treatments — workshops, on Primary Lymphoedema and for Secondary Lymphoedema other than following breast cancer.

Exercise, garments and self maintenance programs should be fitted to the individuals lifestyle and needs.

Those with the condition *are the teachers* and therefore should be listened to.

I hope the Ministers of Health are listening!

Good attendance at Anzac Service

Despite reports of about 80 attending the 11am service at the St Marys Cenotaph, many present felt the numbers were much greater.

The autumn tones of the old oak trees around the Cenotaph and the beautiful clear morning made the perfect setting for those who came to pay their respects and give recognition to the true meaning of Anzac Day instead of it just being another holiday.

The service was given a lift with the presence of the newly formed St Marys Brass Band and when Mr Noel Bradbury spoke, to the young people in particular, it was of his own very real personal experiences of war.

Once again Mr Selby Targett sounded the bugle for The Last Post and Reveille. Fr Paul Connelly led the service with prayers and Mayor Robert Legge gave the address and spoke of the encouraging signs that more of our younger people are attending Anzac Services.

Conference update continued

This condition is serious, debilitating and costly, especially if neglected and it is time for it to be taken seriously.

At least we are doing our bit on the East Coast of Tasmania — well done St Marys.

Jan Sparkes

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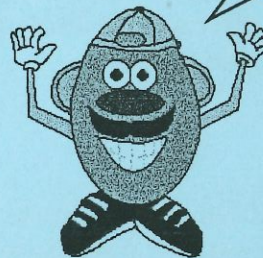
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WHAT'S ON ??

CRAFT AFTERNOONS

Fortnightly in back room of the Uniting Church, St.Marys.
TIME: 1—3pm **COST:** \$1 per person
 Bring along your craftwork and share ideas while you have a cup of tea. *ALL WELCOME*

MARKET — Todd's Hall,
 Saturday 13th May.



"FINGAL VALLEY HISTORICAL SOCIETY"

The Fingal Valley Historical Society has moved its documentary and photographic collection to the Avoca Post Office, under the sponsorship of Mrs Shirley Freeman.

Society membership has been seriously depleted due to transfers, retirements and work commitments. As with many small towns those who are willing to help are already (over) committed to other organisations and this has led us to accept Mrs. Freeman's offer. The Society's genealogical files have been passed on to St.Marys Librarian, Mr David Clement.

A comment was made that this relocation will remove the collection from the Municipality; but we have always worked within the Fingal Valley; we have thus ensured that it will stay in the area.

We would like to take this opportunity to most sincerely thank the Break O'Day Municipality for its marvellous assistance over the years.

Mrs V Woods

MEALS ON WHEELS

MAY	ST.MARYS	FINGAL
Mon, 1st	Sally Spilsbury	Sharon Hall
Tues, 2nd	Marj. Spilsbury	Robyn Holder
Wed, 3rd	Atholie Greenwood	Mim Woods
Thurs, 4th	Debbie Dawson	Vic Jones
Fri, 5th	Shirley Britton	Bob Yates
Mon, 8th	Vanessa Spilsbury	Lucinda Stewart
Tues, 9th	Denise Dawson	Marriane Pauls
Wed, 10th	Pam Jones	Barbara Saunders
Thurs, 11th	Gail Gamble	Julieanne Claridge
Fri, 12th	Frank Turner	Aub Oliver

5 INTRODUCTORY LESSONS in TAEKWONDO

At the recent Taekwondo meeting it was decided that Wayne Miller would hold five introductory lessons. This will help to gauge interest and commitment.

VENUE: Rec. Room Old Tas. Hotel Community Centre

DATES: The five Wednesdays in May

TIME: 6-7pm approx.

COST: \$3.00 per person (\$15 total).

Bookings are essential and can be made with Wayne on 63 742243 or

Debbie at the Fingal Valley Neighbourhood House on 63 742344BH or AH on 63 742274

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*There once was a man from the sticks,
Who liked to compose limericks,
But he failed at the sport,
'Cause he wrote them too short.*

ST. MARYS DISTRICT HOSPITAL AUXILIARY

The next meeting will be held on
Monday 1st May at 2.00pm in St. Marys
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Letters to the Editor

Dear Sir

Another accolade for a past pupil of our local high school.

My daughter Jenny Whelan (nee Camplin) has received outstanding recognition for her program of Community Service (Aged Care & Disability Care). The award was not only for Tasmania but has been accepted by the Commonwealth.

Jenny has had to go to Sydney to address several groups.

A select group are coming to Tasmania to see the program in action. One of her students, Natalie Brown of Scottsdale was awarded the V.E.T. in student of the year for 1999. She is now working at the Eye Clinic in Charles Street.

Jenny, apart from her classes at Launceston College has pupils at St Helens and Winnaleah.

Jenny over the last few years has worked and obtained her B.A. and then her M.A. Naturally I am very proud of her as I am of all my family for their output in their communities.

Una Camplin

Our Band

It seems you can never satisfy everyone, when at the conclusion of the Anzac Service on Tuesday I was accused, as Band Master, by an irate gentleman of being unpatriotic by playing God Save the Queen instead of Advance Australia Fair.

I tried to explain that our little band had just been formed for a short time and we did not have the music setting for Advance Australia Fair, to which he nastily replied "Any excuse is better than none".

Perhaps he would be prepared to buy us the band setting, which is not cheap.

I would like as Band Master, to sincerely thank the band for I think a job well done.

Selby Targett

St Marys & District Chamber of Commerce

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also

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with rice

Sit down - take away -
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other curries

More details ? ph Premella 6372 2311
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St. Marys Community Health Centre

WANTED

Have you any equipment which has been loaned to you from the Centre?
Our cupboard is like Mother Hubbards!
Please return any equipment which is no longer needed:
Crutches - Nebulizers- Vaporizers etc.

WHAT'S ON

Thursday 4th May:

Papsmear Clinic
Child Health Clinic

Monday 8th May:

Australian Hearing Service Ph 6331 7455

Tuesday 9th May:

Midwifery Services in Break O'Day and Bicheno.
Meeting at Scamander Beach Resort for all interested persons. At 7pm.

May 8th - 26th:

Uni Teaching Site: 4 Nursing Students.

Medications and food

You may be at risk of poor nutrition if you

- take more than 3 medications (including Vitamin, Mineral and Herbal preparations)
- consume 3 or more alcoholic drinks /day
- have lost or gained 5kg (about 1 stone) in the last 6 months

Medications can cause nutrition problems

- they can make you feel nauseous or tired
- they can prevent vitamins being absorbed
- food can prevent medicines being absorbed
- they can change your taste sensations

General advice on medications

- get them from the one pharmacy
- take them as recommended
- take them the same way in relation to food (it may help you to remind you to take them)
- do not change your diet without advice
- take care with alcoholic drinks
- swallow them whole (while sitting or standing) with a glass of water.

If your medications change or if you have any questions, see your doctor or pharmacist.

*Health notes supplied by staff of the
St Marys Community Health Centre*

- Doctors weekend roster
- Dr Shah: April 29th & 30th
- Phone 6372 2311
- Dr Geniola: May 6th & 7th
- Phone 6374 2288
- On Call at night
- Dr Geniola:
 - Monday & Wednesday nights.
- Dr Shah:
 - Tuesday & Thursday nights.



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Markets

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Melbourne to the Murray

We eventually said goodbye to Shea and Bec on the 26th of March and headed for the Yarra Valley tourist route, taking in Healesville, Marysville and Warburton.

All very nice, very hilly, reminding us of Tassie. Camped one night in the bush at Marysville and another at Toolangi.

Our trip to the hills was for two reasons, firstly to test out the new air conditioning and secondly to see how the Transit handled towing our new trailer. Peter was fairly happy with the results and I was extremely happy to be heading for the less undulating terrain of Central Victoria.

We have found this great little book called 'Camping in Victoria' and have been using it extensively to choose our route throughout this region based on the availability of free camps. We recommend this "boiling billy" publication to anyone planning a touring trip on the mainland, there is an edition for all states including Tassie.

The Central Victorian region is rich in history particularly relating to the gold rush era.

Have been very impressed with the amount of old buildings in the towns of Castlemaine, Maldon and Bendigo. Was a little sad on visiting the 'Interperative Centre' of both Castlemaine and Bendigo, could not help thinking what such a centre based in the Fingal 'Offices' could have done for our valley there in Tassie!

Stayed in the area for a couple of weeks before moving on to Echuca and the mighty Murray. Being school holidays here in Victoria, Echuca was crowded so we took a look in our camping guide and discovered the Gunbower State Forest. What a find, over one hundred camping areas, all free, dotted along the banks of the Murray, only 65 km's from Echuca.

As Easter was still two weeks away we had no problem choosing a site, a few other campers around but none close by. We stayed here for five days, at one stage we thought we may get rained in but luckily the sun came out and dried up the majority of problem spots enabling us to get out before the Easter onslaught.

No we did not land a Murray Cod, Peter did witness a 58cm one being landed as well as a little Yellow Perch, but nothing else. I think I prefer ocean fishing!

We are still camped on the Murray but have moved 70 km's nor'west to a town named Murribit. Intend staying here until Anzac Day when Peter will attend the Dawn Service at Swan Hill. It is then on to Mildura, Renmark and hopefully up to Leigh Creek on our way to Lake Eyre.

We think the opportunity to see the lake in full flood is too good to miss and only hope the roads have dried out enough to allow us to get through.

We will keep you posted.

Regards, Annette & Peter
'The Touring Tasmanians'

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St Marys into the new millenium

Can you believe that Easter 2000 has come and gone already! It seemed to me that the year 2000 came too quickly as it was, so I find it hard to believe the speed with which it is flying past already.

We have come a long way though in recent times as a township. Over the final years of the 20th century we watched despondently as our hospital closed as a 24 hour, 7 days a week operation, Dr de Jonge left, Dr Naidoo also, Westpac closed it's doors as did long standing local businesses. Stalwarts of the community passed on, integral people of our heritage. Some taking with them history, secrets which now will never be known.

But, we fought back with true country town determination and look at us now!

Businesses have changed hands, revamps taking place, relocations on the agenda. They tried to take our Post Office but thanks to Wombat who saved the day and we now have a Rural Transaction Centre, Medicare claims department and so on. We are told that we are on track for the reopening of the hospital, to be open 24 hours, 7 days a week.

Thanks to Jan Sparkes, many hard working others, those who donated monies not to forget Lyn Fysh and her wonderfully generous donation, we now have the Lymphoedema Centre not only established but also working. The battle there is not over yet though.

Jenny and Andrew hit a hiccup with Todd's Hall which was a great shame after all the money and hard work these two young people have put into this building, saving it from being an empty eyesore.

Now we have a Video store about to open, a Computer shop, the end Garage has reopened and we are in the process of having a 'Bed and Breakfast' established.

Premella Shah has set up 'Kaja's Curry Catering' in the St Marys Hotel with the cooperation of Greg Seward. I consider myself honoured that Premella approached me to help her with this business. We have had lots of fun, hard work and the overall response has been amazing.

After some serious difficulties earlier, Pravesh, Premella, Kajal and Jasbir are staying with us.

I almost forgot, Anthony and Jody have opened up a craypot making and selling business which is also booming along.

Complacency was once rife and it not only showed itself in general community attitudes but in a physical way too. Looking into the eyes of the born and bred residents there was a clouding of deep sadness for what they feared was to come. The younger generations seemed to shrug, lost for want or need to understand, sometimes even to care.

It's all on the change. You can feel a new vibration, a humming of news, excitement.

What will come next?

We have had the Quilting exhibition and now eagerly await the Grassy Bottom Spinners and Weavers weekend in June.

Each and every one of us should feel a sense of community proudness, we sure have 'showed 'em and we have showed 'em good'.

Wendy Bantick St Marys.

Well done Natasha

Natasha, daughter of Grace and Des Faulkner of St Marys was last week nominated as an entrant in Secretaries Day in Launceston.

Natasha (now Speers) was recommended by her employer Ross Harrison Statewide Real Estate because of her high level of accounting and legal skills as well as her commitment and loyalty.

Autumn and Easter

The Autumn garden clean up always yields a variety of wondrous surprises, remnants from Summer and this year a far back as last Easter! There it was safely nestled amongst the dead blooms of the lupins what at first glance appeared to be a perfectly preserved Easter Egg. It did not seem to be showing any signs of summer melting, the foil had faded a little but even the shape was pretty good. However, touching it told the true story of it's horrid demise. RATS. the foil intact except for a medium hole, the chocolate completely gone. I know it was rats or perhaps mice because beside it lay a plastic disc, summer lost toy, with the tell tale teeth signs!

So here it is Easter again. For some reason I always seem to get the enviable job of chomping into huge horse type carrots while Stephen has the pleasure of enjoying the drink left for the expectant rabbit. Needless to say he is always instrumental in the choice of drinks too. It is definitely rigged!

The morning comes around rapidly and we stagger sleepy eyed out into the garden to check and see what has been hidden about the place. Stephen has promised me that this year he will count and remember not only the numbers but the hiding places too!

I don't have any trouble with the Chihuahua's grabbing eggs but this year we have a guest, Tara Shah and I am not sure as to whether she has a sweet tooth or not so I may have to be a little more dog vigilant. At least Easter doesn't involve wrapping strange shaped parcels or as I have been known to do, wrap living creatures.

I hope that you all had a wonderful Easter.

As I sit here writing this the wind is blowing and our home seems to be enveloped in a leaf storm. I always see Easter as the true end of summer, I only have a small amount of garden to finish, the woodshed is full and soon I will be into the inside doings, warm and snug though.

Wendy.

Student Services Distance Education

Visit to St Helens Thursday 11th May

Study skills workshop. Bookings essential.

Visit to Campbell Town Friday 12th May

'Thinking about returning to Uni session'

Phone Julie at 6324 3787

What is an Essay ?

'It is best to conceive of essay writing as entering into a debate. You need to work out what your answer to the essay question might be. You need to debate it with books and other sources of information and ideas you use.

And then you need to convey the results of this engagement clearly to your reader, bearing in mind that the reader - because of what he or she already knows needs to be convinced that your own answer is a reasonable one.'

Essay Writing: This is a guide to the important elements in the process.

1. Break down the question
2. Write a rough outline
3. Reading Research
4. Drafting and Editing
5. Final draft
6. Resting the essay
7. Edit this draft
8. Print the final copy
9. Hand up the essay

Junior Footy

Saturday saw the Juniors play the curtain raiser at the St Marys home game, a good turn out as far as numbers were concerned and two competitive games.

In the Grade 5/6 we saw the closest game, a win to the Magpies by just 3 points, a fast flowing, high scoring match with heaps of entertainment.

Magpies 11 - 8 — 74 points

def. **Melbourne 11- 5 — 71 points**

Goals:

Magpies: B.Miller 3, L.Louis 3, D.Cooke 2, C.Targett 2, J.Pyke 1

Melbourne: R.Howe 6, M.Midson 3, L.Gillies 2.

Best players not available.

The Cats reaped revenge on the Magpies in the Grade 3/4's running out comfortable winners by 22 points.

Final Scores:

Cats 7 - 7 — 49 points defeated

Magpies 4 - 3 — 27 points.

Goals:

Cats: C. Smith 2, A.Midson 2, R.Pitstock 1, B.J.Allen 1, R.Street 1.

Magpies: S.Cannon 2, W.Cope 1, C.Donald 1, J.McDonald 1.

There has been a round of home and away matches arranged this season against St Helens and more recently Bridport who organise a similar competition.

A bus trip is being arranged at present for Bridport on the 9th July, but first up after Easter we take on St Helens at the Bay on Sunday April 30th.

Hope to see you there.

Dick Adams MP

Federal Member for Lyons

Telecommunications
Service Inquiry



The Federal Government has launched an inquiry into Telstra's service delivery standards in rural areas.

Do you have or have you had a problem you would like to pass onto the inquiry? If you are not happy with the service Telstra is giving with your phone, fax, email, internet or any other telecommunications medium which affects your business or home, please let me know about it.

Ring me on 1800 811134, write to PO Box 50, Perth, Tas 7300, fax me on 63 981120 or e-mail me at D.Adams.MP@aph.gov.au

Dick Adams MP

Federal Member for Lyons

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Applications:

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FAMILY HISTORY BOOK

THE WRIGHT FAMILY

Hello, my name is Mick Kerkham.

I have recently finished a book that traces our families back to the first arrivals in Van Dieman's Land. The main names that this book follows are:

WRIGHT LEHNER HAAS NEWMAN DOWN BUSHING TOOMBS BRITTON

Other families that tie in are **LOHREY SINGLINE STYLES STROCHNETTER NICHOLAI OLIVER** to mention some.

The book has over 1000 names and most of these people were born, married and lived in north east Tasmania. There are some photos dating back to the 1880's.

The book is printed on A4 paper and has over 150 pages and is spiral bound.

Price of book is \$15 plus \$5 postage.

To order contact:

Mick Kerkham

26b East Derwent Highway

Rose Bay Tasmania 7015

Telephone 03 6243 0645

EMAIL makalf@hotmail.com

Church Services

Anglican Parish of St Helens
6376 1144

St Helens

8am and 10.30am

Every Sunday

St Marys 9am

No service 5th Sunday

Pyengana 11am

2nd and 4th Sunday

Catholic Parish of St Marys
Priest: Paul Connolly St Marys.

Fingal

Every Friday Mass 10am

St Marys

Every Sunday Mass 9am

Bicheno

Every Sunday Mass 3pm

St Helens

Every Saturday

Vigil Mass 6pm

Mangana

2nd Sunday 11am

Eucharistic Service

Eucharistic Service

Anglican Parish of the Northern Midlands

Services each Sunday

Ross 8am

Campbell Town 9.30am

Avoca 11.30am

Fingal 2.00pm

Mathinna

Tuesdays 2.00pm

Daily Office Reading

Avoca Tuesdays 10am

Fingal Tuesdays 12 noon

Ross Wednesdays 10am

Seventh Day Adventist

Hodgeman Street Scamander

Sabbath School 10am

Divine Service 11am

Break O'Day Uniting Church

Fingal 9.00am

St Helens 11am and 7pm



Harris
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A church with a difference
Everyone is welcome along for a
great time

Every Sunday at 10.30 with chil-
dren's time, tea and coffee after-
wards.

Last Sunday of month we will
share lunch together.

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Starting 19th March

New Beginnings Church is a
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Funeral Director
Campbell Town

Enquiries through either :

Mr G. McGee

Campbell Town 6381 1167

Mr T. Pears

Campbell Town 6381 1472

Mr Bruce Davidson

Launceston 6344 4577

**Pre-paid funerals
can be arranged.**



Footy News

Tigers on the prowl again

Local supporters were treated to a home win against the Tamar Cats.

Although the crowd was slightly down on the previous week, those who ventured over were treated to a Tiger mauling of the opposition. After an even first term in fine conditions, the side took control with a seven goal to two second quarter, to head to the major break with a commanding lead.

With three new faces in this side, it took a while for the Tigers to settle, but with Stuart Brooks dominating the ruck and Keith Gillies, Daniel Morris and Steve Buchanan gathering kicks at will, we were looking set for a big second half. Daniel in particular dominating with 9 marks for the half. Although the forward line dominated the remainder of the game, the same could be said for our back line with Colin Gibson marking strongly and Paul Webb, Robert Broad and Adam Johnson running hard from defence and setting up many scoring opportunities. A good all round performance ending in a 86 point victory. What happened to the Tigers last game, who knows!

Let's hope we can see more of the improving Tigers over the next two weeks with tough matches against Old Scotch in town and Campbell Town at home. Real tests for the competitiveness of our line up as both teams look strong finals contenders this season.

Our Reserves had an up and down game after the Cats looked the goods with two early goals; they were pegged back late in the first term.

With Mick Kringle and Skeet Webb supplying the options up forward, the only thing stopping the Tigers from storming to a big lead in the middle stages of the game was the inaccurate kicking. With an early last quarter goal we looked for a comfortable win but while the Cats kicked goals we managed only behinds. The opposition scoring by four points on the final siren with many of our boys going up and down in the one spot.

Once again the lack of Reserves at training a worry, as so many turn up at the games to go around in the Tiger guernsey each week. More commitment to the club needed and let's hope the early two losses don't hurt us later in the season.

More in a fortnight from Old Tige

PS. Nice to see the Tiger on the prowl again at the scoreboard, original painting done by Ken 'Tasman' Maynard and recently repainted by Matty Leedham - a great job!

It certainly adds a bit of atmosphere at the game.

**AFL WEEKLY TIPPING
IS BACK
ENTRY FORMS AT
DOUG & GLENN'S TAKE AWAY
AND ST MARYS HOTEL**



ROUND 5 APRIL 29th

**SCOTCH v's
ST MARYS**

ROUND 6 MAY 6th

**ST MARYS v's
CAMPBELL TOWN**

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St Marys Sports Centre

by Kackhander

Another good start to the pennant season in A Grade was encountered with a solid 5-2 result against a strong St Helens side. The highlight would have been Dale Ridgers 1 up win against Errol Lohrey and I believe Dale was a couple under par when he won.

The other winners were Chris Davern, Steven Dawson, Shan Wilmot and Rod McGiveron and Captain John Miles together with Brad Ennis just going down in close games. It is good to see Smokey back again this year and his experience will come in handy.

In A Reserve a misunderstanding of the opponents cost the team a possible victory with two of our players having to be disallowed results but as it is only the first game of the season it gives the team plenty of time to catch up, particularly with a lot of depth there. Congratulations to Scott Wilson and Gary Vulich for great wins and Gary won on the 22nd hole to record a memorable result.

Bad luck to Jim Haas whose opponent chipped in

on the 20th hole, but Jim said he was happy with how he played anyway.

The second round of matches are played at Freycinet this upcoming weekend Sunday April 30th. There is possibly a bus going but players will need to check to make sure of a seat.

Still on golf and although the fields have been remaining down a little so far there has been some excellent scoring. Just a reminder that Saturday April 29th is the Ray Ridgers Memorial Trophy and it would be great to see as many as possible for the 10th Anniversary of this event.

Also well done to the 12 hole chicken run on Sundays idea, and it looks like it might occur regularly.

Don't forget the Bowls Annual Dinner is coming up soon on May 6th and Rod Spilsbury definitely needs numbers as soon as possible. Please make an effort to do this. Finally congratulations to Adam Fletcher for a fine 6/5 win in Division 2 for Riverside last week, that's great to see.

Until next time good hitting and rolling.

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A
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COUNTER MEALS

Friday 6-8pm

Saturday

12-2pm 6-8pm

Sunday 12-2pm

GYPSY ROSE

Saturday

May 6th