

Far Northern

# GOALS

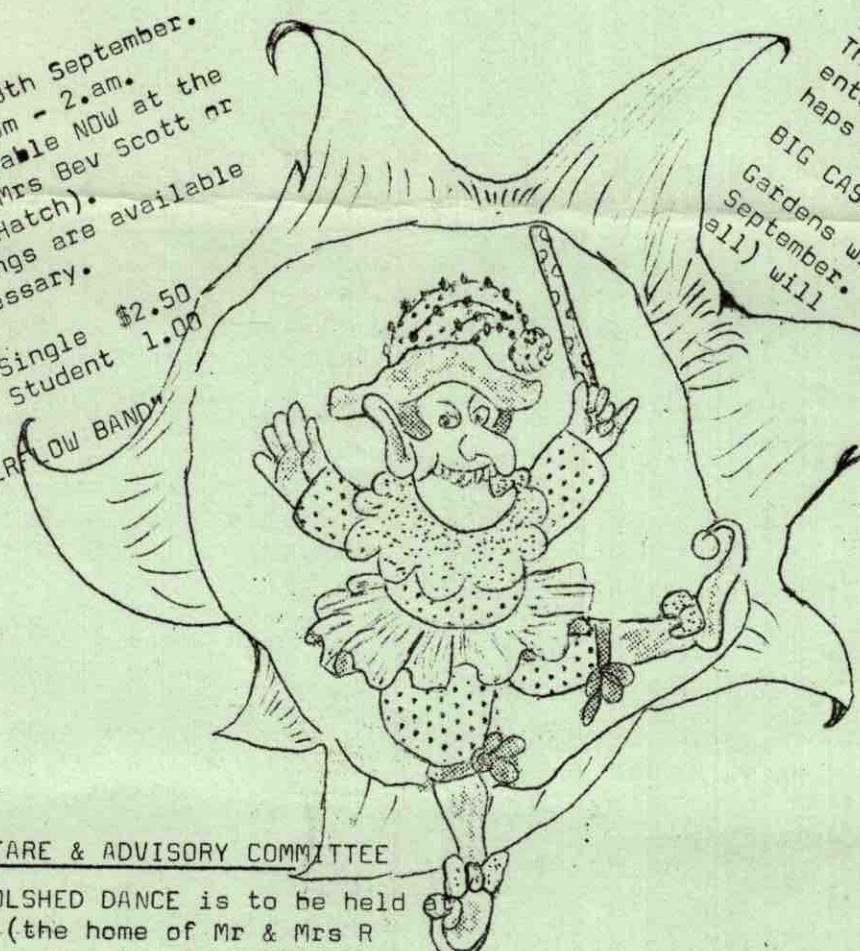
LEIGH CREEK

LEIGH CREEK S.A. Volume 22 Issue 9 26 August 1976 Price 4 cents

## Coming Attractions...

**NETBALL CABARET**  
 COMMUNITY Hall 18th September.  
 Dancing from 8.p.m - 2.am.  
**TICKETS:** Available NOW at the  
 Admin Office (Mrs Bev Scott or  
 Miss Dorothy Hatch).  
**TABLE:** Bookings are available  
 but not necessary.  
**ADMISSION:** Single \$2.50  
 Student 1.00  
**MUSIC:** "The OVERFLOW BAND"

**GARDEN COMPETITION**  
 You have just 4 weeks to go.  
 There is something for everyone -  
 enter your whole garden or per-  
 haps just a section of it.  
**BIG CASH PRIZES.**  
 Gardens will be judged 20th & 21st  
 September. Presentation night (open to  
 all) will be held on the 22nd.  
**NOEL JUDGE** will be Mr  
**DIRECTOR** of the Botanic  
 Gardens - Adelaide.



### LC HOSPITAL WELFARE & ADVISORY COMMITTEE

An old style WOOLSHED DANCE is to be held  
 PUTTAPA STATION (the home of Mr & Mrs R  
 RAGLESS), on Saturday, October 16th 1976.

The show will commence at 8.00pm, MUSIC to be provided by Mr & Mrs ROBERTS of Quorn and  
 the tickets will be available shortly from the Admin.  
 PRICES are very reasonable at \$3.00 a single or \$5.00 double, supper being included in the  
 price of the ticket. A BAR will operate on the night. There is plenty of space for those  
 wishing to stay overnight, so bring your caravan, tent or just a swag.

KEEP THIS NIGHT FREE (or you'll regret it)  
 \*\*\*\* \* \* \* \* \* \* \* \* \* \*



# WARDELL'S

"SERVWEL STORE" - FOR FRIENDLY PERSONAL SERVICE



\*\*\* REMEMBER FATHERS DAY - SUNDAY, 5th SEPTEMBER.

Come in and brouse through our hardware - maybe you can find a useful gift for Dad.

Still a couple of FYRESIDE HEATERS left at 10% discount.

SILVER 3 in 1 are available again - excellent sound for the money.

Loads of stock still being unpacked - FASHION GOODS, SHOES, TOYS etc.

\*\*\*PARSONS TRANSPORT is available for cartage of goods from Leigh Creek.  
Phone Leigh Creek 9 or Hawker 39.

## COOKERY & NUTRITION - part 2 By BOB POCKLINGTON

On top of the basic 1,700 calories required by a normal person completely at rest, the following amount is required per kilogram (approx 2 1/4 lb) of body weight per hour.

For light work	... 2.0 cal.		
Fairly light work	... 2.5 "	Heavy work	... 4.5 calories
Medium heavy work	... 3.5 "	Very Heavy work	... 6.0 "

A "brain worker" or officer worker, counts as fairly light work -

Example : Weight 70 kg (approx 11 stone)  
Requirement 70 x 2.5 x 8 hours work = 1,400 additional calories.  
Add basic calories = 1,700 + 1,400 = 3,100 calories/day.

The average consumption of a normal adult, according to Professor Glasen of Vienna, is about 2,800 calories per day. By way of guidance, 1 oz of protein yields 117 calories and 1 oz of fat or carbohydrates yields 266 calories.

The question of protein requirement is very much debated and even nowadays nutritional physiologists are not agreed on the subject. The average would appear to be .1 gram of Biologically value protein per kilogram of body weight.

VITAMINS are minute quantities of matter whose absence in food can have serious consequences. They are found in butter, milk, vegetables, the internal organs of animals, fruit etc., and are needed by the body to maintain and increase the cell substance and to ensure the normal functioning of the organs.

A detailed chart is available from Val Rappold at the Admin to any person who would like to have one and shows the nature and composition of our most important foodstuffs.

The Food Chart is broken up into:

Protein %, Fat%, Carbohydrate %  
K cal, Waste%, Vitamins A, B, B2, C, D, E.

from the most common food that we use.

(Thank you Bob for preparing this article - Editress)

# Church Diary

29 August - INTERCHURCH  
7.00pm - Evening Service.

5 September - ST LUKES C of E  
9.30am - Morning Prayer

## EVERY SUNDAY

United Aborigines Mission Inc.

NEPABUNNA CHURCH 11.00am  
COPLEY HALL 6.00pm

All VISITORS are very welcome and the services are undenominational.

## ST BARBARAS - RC CHURCH

Mass times: 9.00am  
7.00pm

## ADVANCED NOTICE

United Congregation Women's Fellowship

SEPTEMBER 9th - Progressive Dinner. Keep this night in mind and join with us.

+++++

## SUNDAY SCHOOL

The commencement date for the third term of Sunday School will be announced next issue.

QUORN  
St Aust.  
Phone 84

B  
H  
U  
G  
H

AND SONS PTY LTD

Why not be a HOLDEN OWNER, Australia's finest car.  
LOCAL AGENT: Kelvin PLUMB LC 5

## SOFTBALL SNIPPETS

### Results & Best Players

15/ 8/76 - DASHERS 29 d Rebels 18  
B Taylor/Ju Hatch: J Van Caspel/R Smith:  
L Kamprod.  
J Taylor: S King: K Lepa.

22/ 8/76 - DASHERS 29 d Magpies 23  
J Van Caspel/Ju Hatch: B Taylor/L Kamprod:  
Jenny Hatch.  
M Owens/P Reid: L Blinco/S Dorton: J Benecke.

29/ 8/76 - BYE FOR ALL TEAMS

### MEMBERS PLEASE NOTE!

Matches from the 22/ 9/76 to 10/ 10/76 will be played at 10.am instead of 11.am.

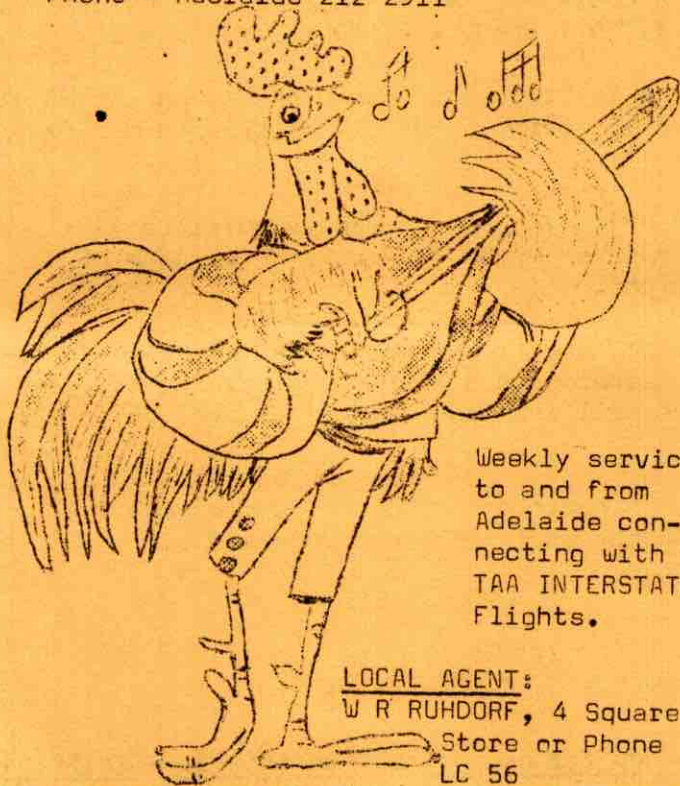
### AVOID THESE DATES when arranging your function

10 Sept	Mini League Netball Pres.night	RSL
18 "	Netball PRESENTATION CABARET	CH
24 "	Buddy Williams Show	CH
2 Oct	Beltana Picnic RACES/Dance	
2 "	Drama Club PLAY	CH
14 "	Staff Dinner	
16 "	Hospital Woolshed Dance Puttapa Stn	
23 "	Craft Market STALL (Foyer)	CH
20 Nov	School CABARET	CH
4 Dec	Childrens XMAS TREE PARTY	CH
4 "	Darts Club CABARET	CH

\*\*\* Sooner or later, a man reaches the "B" years of life - baldness, bridgework, bifocals and bulge.

# PAGAS AIRLINES

PAGAS AIRLINES City Office;  
Phone - Adelaide 212 2911

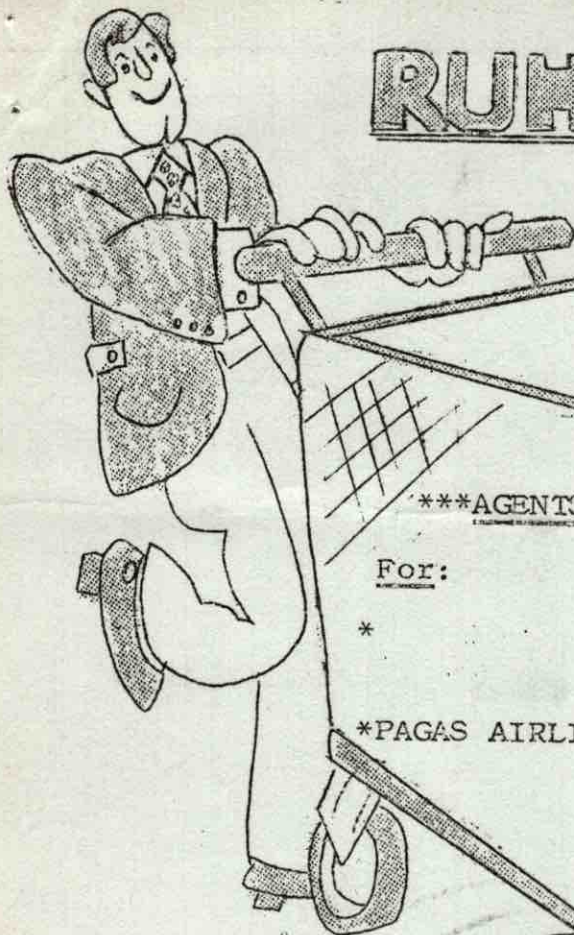


Weekly services to and from Adelaide connecting with TAA INTERSTATE Flights.

LOCAL AGENT:  
W R RUHDORF, 4 Square Store or Phone LC 56

# RUHDORF'S

# 4 STORE



\*\*\*AGENTS  
 For:  
 \*  
 \*PAGAS AIRLINES

\*\*GROCERIES  
 \*\*SMALL GOODS  
 \*\*HARDWARE  
 \*\*FRUIT & VEG  
 \*\*MENS' / WOMENS & CHILDRENS WEAR  
 \*\*DRAPERY  
 \*\*MILK  
 \*\*BREAD  
 \*\*ALL your household needs are catered for

*Camera Club*

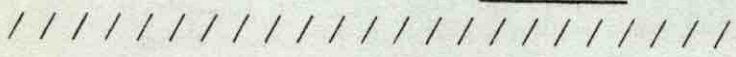
The 2nd PHOTOGRAPHIC SEMINAR will be held at Barmera on the 19, 20 and 21st November 1976.

A very interesting two full day programme has been arranged covering a wide range of subjects from "Camera and Equipment Care" to "Available Light Photography." Any members interested in attending this worthwhile weekend please contact me for further details and registration forms.

Also available are, entry forms for the Eighteenth Annual Colour Slide Exhibition to be held at Hawker Institute on SATURDAY, 9th October 1976. Entries must be the standard 2 x 2 mounts and can be entered in the following sections -

- 1) People
- 2) Places
- 3) Experimental
- 4) Nature
- 5) Open
- 6) Flinders Ranges Landscapes

(BOB TULLOCH)  
SECRETARY



LATE FLASH

Please bring all articles for the next issue of TOPICS to Mrs SHARON GRACE at the Admin. Office - or phone 182 Xtn. 212.

*Tennis Club*

The BP CUP tennis competition will commence on THURSDAY, 23rd September.

An open day will be held on the weekend prior to that date.

The Committee this season comprises:

PRESIDENT	Mrs LORRAINE WALFORD
Sec/Treasurer	Mrs Bev Inverarity

Committee:

Mesd:	Jan O'Dea, Joyce Graham, Sue Williams.
Mrs:	Peter Wardell, Peter Shooter, Sam Smith.

Full details of the opening day and the Cup programme will be listed in the next issue of Topics.



POSITION VACANT

Applications are invited for the position of TEMPORARY COMMUNITY WELFARE WORKER at the Departmental District Office at Leigh Creek.

The position involves the provision of a General Family Welfare, Counselling and Community Development Service in close co-operation with other members of the Community Welfare Team. It also involves making enquiries, report writing and other duties as directed by the District Officer.

Salary: within the range \$7,689 - \$11,540  
or \$8,618 - \$12,023

depending upon qualifications and experience, plus a 20% loading to cover holidays sick leave etc.

The position is a temporary one. Initial appointment will be for a period of 9 months.

A current drivers licence is required and it is necessary for the applicant to have accommodation in the area.

For further enquiries and application forms contact the District Officer, Mr P J VISSER, First Street, Leigh Creek or

Phone LC. 144.

(P J Visser)  
DISTRICT OFFICER

RECORDS  
ELECTRICAL  
GOODS  
TOYS  
JEWELLERY  
CAMERAS  
GLASSWEAR  
GOLF ACCES-  
-ORIES  
CASSETTES  
\*\*\*\*  
A GIFT  
FOR  
EVERY  
OCCASS  
ION  
FROM  
THE  
LEIGH CREEK



BOOK SHOP  
PISTOL CLUB NEWS

The following scores were recorded recently:-

AIR PISTOL 20/8	CENTRE FIRE/LADIES MATCH
T Schwarz 359/400	("Bill Perreau Memorial Postal Championships")
K Waters 353/ "	K Waters 537/600
R Ellis 346/ "	J Walford 524/ "
J Cassie 341/ "	L Walford 523/ "
J Walford 334/ "	J Cassie 523/ "
	R Tulloch 515/ "
	W Mann 488/ "
	R Ellis 439/ "
	W Nicholls 434/ "
	M Waters 415/ "

Please note that annual SUBS are DUE and payable to the Treasurer (J Walford).

We were pleased to see that the BEER TICKET sales at the Canteen for the past week increased, and as a result, the profits also increased and a cheque for \$100 to aid CAROL VAN GASTEREN and the SPASTIC CENTRE was the result. Many thanks to those who generously supported the effort.



\*\*\*"If I had my life to live over again," mused the old gentleman, "I'd make all the same mistakes - but I'd make them sooner."

\*\*\*YOUNG PEOPLE on the way up the ladder should never forget those at the bottom holding it steady for them.

HILLS

- Newspapers,
- Magazines
- Giggarettes
- Tobacco
- Sweets
- Ice-cream
- Tin foods
- Soft Drinks
- AGENTS for  
Drycleaning



# E.T.S.A. CREDIT UNION CO. LTD.

E.T.S.A. EMPLOYEES

Have you completed forms for:-

- PAYROLL DEDUCTIONS \*
- CHILD ENDOWMENT ? \*
- TAX REFUND GAME \*
- BERNIE O'DEA \*
- LES STANGROOME \*
- PETER HENRY-SMITH

For Further Information see:-



## NETBALL NEWS

Programme for the remainder of the season.

9 Sept. - 2nd Semi-final  
DEMONS / TORNADOES  
 7.00pm Umpire: Mrs L Walford

11 Sept. - PRELIMINARY FINALS  
 12.30pm - Kookaburras V Canaries  
SENIORS  
 Winner V Loser  
 Time depends on the teams concerned.

16 Sept. - GRAND FINAL -  
 7.00pm - Mini League)  
 8.15pm - Seniors ) Pt Augusta Umpire

MEMBERS - Please note!

A COMMITTEE MEETING will be held at the Club-house on MONDAY, 13th Sept to deal with the FINALS and the CABARET. Each team MUST be represented. If the Captain cannot attend, she is to send a representative please. Meeting to commence at 7.30pm.

## MINI-LEAGUE

OK now kids; your BIG NIGHT will soon be here and we would like at least 2 reps from each team to call into the RSL Hall after school finishes on FRIDAY, 10th September (your SOCIAL/PRESENTATION night), to prepare the Hall for the evening.

CABARET - Members a table has been booked for each team. If a team knows that their table will NOT BE USED, please notify the Admin Office (Mrs Bev Scott or Miss Dorothy Hatton).

RESULTS - First Semi-final  
 CANARIES 19 d Galahs 15  
 DODGERS 23 d Gremlins 16

Second Semi-final (Min league only)  
 ROJERS 36 d Kookaburras 20

LIGHTNING CARNIVAL - 21 August  
 Mini league - Won by KOOKABURRAS  
 Seniors - Won by PIRATES

## \*\*COMMUNITY AFFAIRS CORNER

The Department of Tourism, Recreation and Sport has arranged a CAMPING LEADERSHIP COURSE to provide training for persons wishing to conduct camps for young people. The camp will be held at the MYLOR RECREATION CENTRE from Friday 17th September, 7.30pm to Sunday 19th September, 4.00pm.

The COST is \$10.00

Applications close on Thursday 2nd September. Forms and further information can be obtained from the Department for Community Welfare Office, First Street Leigh Creek.

## Portman Motors

### FOR IMMEDIATE SALE: - NEW VEHICLES

NISSAN PATROL G60		
4 x 4 Colour WHITE	...	\$5188 + Freight
RM250 SUZUKI Moto Cross		\$1275
RM1255 SUZUKI " "		\$ 764

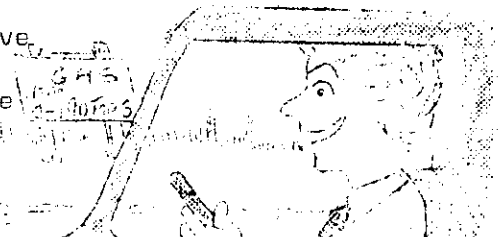
### SECOND HAND VEHICLE

TOYOTA FJ40 - Half Hard Top 1971 62,000 miles - free wheel hubs. Heater unit Mechanical good -	...	\$2800
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### Motor Cross BOOTS & CLOTHING at City Prices

- Motor Cross SOCKS
- Motor Cross Nylon JACKETS
- Leather JACKETS
- Motor Cross R & G BOOTS
- Motor Cross Leather TROUSERS

If we don't have your size or motor bike name we will GET IT for you. NO EXTRA COST



# Miscellany



GARDEN CLUB SHED will be open this Saturday for your garden requirements i.e. fertilizers etc., from 1.00 - 2.00pm. SET THOSE GARDENS moving for the competition.

CONGRATULATIONS to Peter and Dienne DAULBY on the arrival of their BIG son (9lb 3 oz) KYM ANTHONY - 18 August.

## United Aborigines Mission Inc.

Please note that as from 5 September, the Copley meeting will be held at the Hall at 3.30pm. Nopahunna Mission will remain at 11.am and these services will be conducted by special speakers. These times will remain until the 3rd Oct inclusive and then BACK TO NORMAL on the 10th.

## BINGO BINGO

Back to normal this Tuesday as usual (31st) so be up at the Canteen in the Yulu Lounge around 7.30pm for lots of fun and BIG prizes. Remember, you can win 2 free books for that last vital game of the night. Proceeds to aid the local KINDY.

If the person who removed the rubbish BIN from 12 First Avenue, would like to call back, they can have the lid which was left behind in their haste.

## LEIGH CREEK AREA SCHOOL DRAMA NIGHT

Once again the students, teachers and all others involved in the three performances presented on the two nights should be very proud of their achievement.

CONGRATULATIONS to Neville & Wendy COLLINS who celebrate their 20th wedding anniversary (China) on the 3rd September.

The infant and higher primary presentations obviously took many hours of practice and hard work - congratulations to each and every participant for a really terrific job.

We all look forward to seeing JOE TESTAGROSSA (specially his family) who arrives back in Australia at the end of this month after his holiday in Italy.

The presentation of GODSPELL was an experience not to be forgotten by those of us lucky enough to have seen it and to all taking part.

On the sick list this week we have:-

Mr BILL JANSEN .... Whyalla

and we extend "get well quick wishes" to him.

The talents displayed by the musicians in the band, the singers and the people operating the lighting and sound effects were all to be commended.

Many thanks and congratulations to all taking part in GODSPELL for a fine nights entertainment.

## VETERINARY SURGEON

Mr Humble will be visiting Leigh Creek on the 9th & 10th September. Bookings will be taken at the Admin up to the 30th August by contacting either Mrs Bev SCOTT or Miss Dorothy HATCH - phone 162.

We were pleased to hear the rumour (very reliable source), that the Xmas Tree Club collection day was a great success. Thank you for your generosity.

## "KINDY KORNER"

Mums' & Dads' - don't forget the "BUSY BEE" this SUNDAY, 29th August, - 1.30pm at the Kindy.

The 1976 Spring Flower and ROSE SHOW will be held in the Community Hall, Sunday, 17th October.

The floral art and arrangement sections are to be expanded this year.

Sections will be in next Topics.

We extend our CONGRATULATIONS and best wishes to Miss TRISH GILLIES (ex LC) and Mr Grant Harrison (Adelaide) on their recent engagement 21 August 1976.

## GARDEN CLUB ACCOUNTS

All accounts to be paid to MARK INVERARITY at the new Electrical workshop.

## BUS TOURS - COAL FIELD - LEIGH CREEK

Monday to Friday during the school holidays the bus leave the Admin Office at 10.30 am and 1.30pm.

Children please be reminded that you are permitted to have one trip only.

Proceeds from the Netball lightning carnival held last Saturday have been handed in towards the Leigh Creek effort for the Spastic Children Appeal for which our local entrant is Miss CAROL VANGASTEREN. (Miss S.A. QUEST)



# Golf Gabber 000

Results: Sunday 15 August.  
2nd Elimination Round - Match Play (or Stroke)

Match Play: - \*Denotes WINNER - A Grade

L Dorton\* V J Adair - 6 & 4  
 N Mausolf\* V R Probert 1 up  
 (played Sat 21st August)

B Grade

K Rappold\* V B Reye 2 & 1  
 M Campillo\* V T Miller 1 up on 19th

C Grade

J Slade\* V M Bright 6 & 5

The Rest - Stroke

<u>A Grade</u>	<u>B Grade</u>
R Probert 66	R Lucas 74
L Dorton 69	J Dejanovic 75

Sunday 22 Aug

Championships - Match Play

Consolation 27 Holes - Stroke rest

The Championship rounds were played in boisterous weather which affected everyone equally. However, some golf swings were enfeebled by interference from Champeen Bung STROKE. It is an incontestable fact, that every Loser made more Bung-Strokes than the Winner. Old BUNG's left-hooks and right-slices, short-chips and jabbing-putts, grogged us into seeing illusive 'Birdies' which never embraced us. Surrounded by the spider webs of errors, some floundered along like the Ox that is under the yoke of impractical Techniques.

It is my pleasure, on behalf of Club Members, to congratulate today's Winners (see below) and to wish them continued success. For the Losers, - - the past is cast in time permanently.. and is now history. The future is unmade like modelling clay in our hands. Each of us has the glorious privilege of beginning pleasure every day with a fresh start to make of it whatever we s,will. Rome was not built in ONE day, it took TWO-many.

Reluctantly, we say 'bon-voyage' to our new Club Champion NEIL MAUSOLF who departs for Adelaide tomorrow. It's been nice knowing you and YOURS Neil. We all hope you will grace us with your presence at New Club opening day, and of course, come up and give us hell at next year's Championship. (if Committee does not make special dispensation for this, I resign forthwith).

Results - A Grade - \*denotes winner

N MAUSOLF\* V L Dorton 5 & 3

B Grade -

M CAMPILLO\* V K Rappold 4 & 3

(cont...

C Grade

J Slade\* V F Reed 10 & 8

Consolation 27 holes - Stroke

27 Holes Winner - J Adair - 99 strokes

18 " " - J Taylor - 69 "

(won from T Miller on 2nd C/B)

9 Holes Winner - J DeJanovic 30.5 strokes

(B Reye - SECRETARY)

## Green Thumb advises 000

September is a busy time for the home gardeners. The summer growing grasses used in lawns are keen to go and crying out for fertilizer.



Special lawn mixes are available to meet your lawns every need. Should your lawn need a green up, this can be achieved in most instances by a feed of nitrogen in the form of Sulphate of Ammonia or Urea. Cut your lawns back hard before application of fertilizer and water in well.

Vines are about to sprout and now is the time to apply a Copper spray like Cuprax or Bordeaux to ensure a disease free large crop of grapes.

Wide selections of vegetables can now be planted provided the garden has been prepared in advance. Sweet corn, cucumbers, beetroot, silver beet, beans and lettuce of the summer variety, can now go in.

Tomatoes, peppers (hot or cold), and egg fruit can be grown in seedling areas or planted direct. Radish and carrots are heavy producers and if you have the room, pumpkins, melons and rock melons can go in now for an extra early start.

For the flower garden, many of the old favourites i.e. stocks, phlox, zinnias, snapdragons, petunias and portulaca can go in now.

GREEN THUMB GOES MAD in Spring. Join in the fun of the green revolution.

////////////////////////////////////

PENNY SAVER HINTS (let's know if you have one worth passing on to the girls)

\*\*Add a little cooking oil to melted butter when shallow frying; cheaper than using all butter, prevents burning too.

\*\*\*\*\*

FARINA 3 HOUR ENDURO

28th and 29th August.

Saturday - Ladies & Juniors ENDURO.

BBQ tea refreshments - CAMP OVER-NIGHT.

\*\*\*\*\*

Sunday - Senior ENDURO 3 hours

Starting approx. 10.am.

5 min. compulsory stop. LEMANS start.

BBQ lunch - ice cold BEER and soft drinks.

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GENERAL NEWS

A 4 gallon drum and funnell was left at the last Scramble - contact the "CAPTAIN".

////////////////////////////////////

FILM EVENING - 9th September

Unable to say what films are coming up, could be car racing as well as bikes.

////////////////////////////////////

The next GENERAL MEETING for all MEMBERS will be on the 23 rd September.



////////////////////////////////////  
ALLAN DUNN has donated a trophy for the Senior Rider who amasses the most points for the year. I'm told the trophy is a beauty. Mr LEN GRACE has done the same for the Juniors.

////////////////////////////////////

COPLEY MOTORS

Important news for Club Members. You can now get discount on all your tyres and tubes from Copley Motors.

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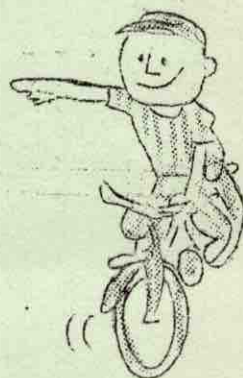
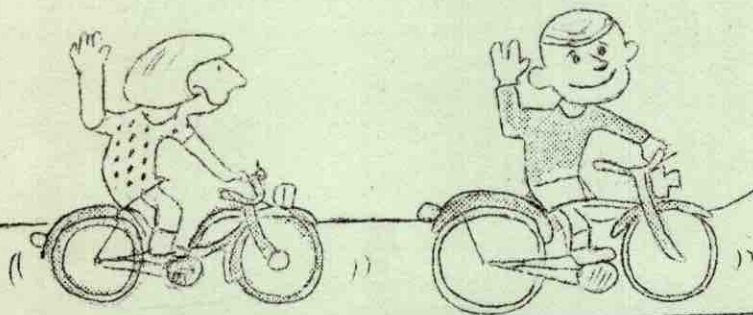
NORTHERN MOTORS

For all the bike riders' needs. Jumpers, goggles, helmets, gloves, boots, socks, jackets, kidney belts.

Also oils and spare parts. Discount on parts only for Club members.

\*\*\*ALWAYS RIDE WELL TO THE LEFT OF THE ROAD IN SINGLE FILE

\*\*TAKE EXTRA CARE WHEN YOU COME TO CROSS ROADS. SIGNAL CLEARLY AND IN PLENTY OF TIME.



Safety Sid says ...

\*\*  
KEEP WELL BEHIND A MOVING VEHICLE AND WATCH IT AS IT MAY SLOW DOWN OR STOP SUDDENLY. NEVER HOLD ONTO ANOTHER VEHICLE.

\*\*\*  
BE CAREFUL WHEN MAKING A RIGHTHAND TURN; FIRST GLANCE BEHIND, THEN GIVE THE CORRECT SIGNAL. WAIT UNTIL THE ROAD IS CLEAR OF ONCOMING TRAF- FIC BEFORE TURNING.

