



□ In good time: Project manager Chris Bart and Barry Lewis with the plaque that will cover the time capsule.

Bishop to attend as church celebrates

THERE will be another burial under St Thomas's Church on Saturday — but on this occasion it will be a time capsule. The celebration will be a thanksgiving serv-

ice for the completion of the first stage of the church's restoration, together with the burial of a time capsule followed by afternoon tea.

The Bishop of Grafton, the Right Rev Keith Slater, will be in attendance.

All those who have contributed donations, either in cash or in kind, have been invited.

The time capsule will be buried at 2.30pm inside the northern doorway and will contain important documents including a chronicle of the 2003 restoration work.

Here are the top diseases

A SEMINAR detailing how to take control of your health and life will be held at Panthers Port Macquarie on Saturday.

It will be run by Campaign for Truth in Medicine, a non-profit organisation.

Topics will include the leading 50 diseases, what they are, the symptoms, how to avoid them and what to do about them.

After attending a seminar in Sydney, Beechwood resident Albert Lilley arranged for Sydney-based health reporter and international speaker Thirumeni Pukazhenthil to present the seminar in Port Macquarie.

Albert Lilley can provide details to interested people on 6585 6117.