

# GREAT OYSTER BAY Community News

28th November 2017

Issue 47.2017 Year 15

## Living Lighter is the Key to Preventing Poor Health

Heart Foundation CEO Graeme Lynch on how making small changes to our lifestyle can make a big difference. More than two-thirds of Tasmanians are overweight or obese, according to the Australian Bureau of Statistics. In this we top the national charts – all the other states and territories, while still not great, fare better than we do when it comes to maintaining a healthy weight.

Of Tasmanian men aged between 45 and 54, more than 86 per cent are in that unhealthy weight range. These are numbers that would have been shocking to previous generations.

It's troubling that being overweight seems to be fast becoming the new normal. A recent LiveLighter survey finding that intrigued me, was that of the people who are overweight or obese, one in three believe that they're not overweight at all, but are in fact within the healthy range. Sadly, this is understandable; when the majority of the people around are not maintaining a healthy weight it's reasonable to assume that you are within the normal limit. If you don't maintain a healthy weight, your chance of developing heart disease, type 2 diabetes, several types of cancer, and fatty liver disease increase. These are conditions that take a huge toll on our quality of life, lead to premature death, and cost the state's health system many millions of dollars each year. They also fall well and truly into the "preventable" category.

By now you will probably have seen our LiveLighter campaign in the media. The ads feature footage taken with an endoscope inside the abdominal cavity of a moderately overweight person. It shows what we've come to recognise as "toxic fat" built up around the internal organs. Whereas we used to think that fat around the belly was just an energy store, we now know that it can release harmful chemicals and hormones that hasten the onset of disease. If you can grab your gut, you are probably carrying toxic fat. This is the driving premise behind LiveLighter: lose the gut.

First, it's a matter of acknowledging that a change needs to be made. For some that need is quite apparent, but for those of us who haven't really thought about it there are some simple questions you can quickly find the answer to. What's my body mass index, and what should it be? While not the be all and end all of diagnoses, BMI is a useful measure that can help you work out where you are on the weight spectrum. The LiveLighter website has a calculator you can use to work out your own BMI.

What's a healthy waist measurement? For men, a reading of more than 94 centimetres is a clue that you're at risk of ill health. For women it's 80 centimetres. Of course, in some situations these measurements will not give an entirely accurate assessment. If you're a pregnant woman or a front-row rugby player you won't fit the test so well. But knowing your BMI and waist size is a good start.

If you do find yourself in the unhealthy range, it's time to begin making some changes. Walk a bit more. Take the kids to the playground more frequently. Plan your meals more thoughtfully. Don't upsize your (occasional) takeaway. Break bad habits and create healthy ones.

Continued page 5

# Community Diary

Date	Event	Location, time and contact details
Sun 1st & 3rd Month	Evening Prayer	5 pm All Saints Church. Your requests for prayers are welcome
Wednesdays	East Coast Christian Fellowship	7 pm with 1 pm occasional Sundays Alternating Swansea and Triabunna Elizabeth & Ed 0402 549 583 Sherry & Laurie 0499 193 821
Wednesday	Music & Meditation	3 pm All Saints Church All Welcome 6257 8755 No M & M 22nd & 29th Nov. It will return 6th Dec with excerpts from Handel's "Messiah"
Sat 2 Dec	East Coast Planning Forum	3 pm-5 pm Beachfront Conference Centre Bicheno
Tue 5 Dec	Spring Bay Neighbour Hood Watch	6.30 pm Christmas Meeting & BBQ Spring Bay RSL 5 Vicary Street Triabunna
Sat 16 Dec	Eccai Christmas Party	2 pm Swansea Court House All welcome
Sat 16 Dec	Swansea Christmas Parade	4 pm - 7.30 pm From rear Morris' Store to Recreational Ground
Mon 18 Dec	Swansea Players & Revue Group	5 pm "Sparkles" Swansea Town Hall \$2 pp
Tue 19 Dec	Orford Odeon	7 pm "Beauty and the Beast" Triabunna Community Hall. \$5 pp Finishers approx. 10 pm.
Wed 20 Dec	Community Carols	7 pm All Saints Church Grounds. All welcome

Community Diary brought to you by Swansea Chamber of Commerce & Tourism  
"Morris' Store"



## Newsletter Team

Editor: Bill Fry

Advertising Coordinator: Sherry King

**Advertising, Stories & Copy Deadline: strictly 12 noon Friday**

**Advertisements costing \$20 or less must be paid in cash at the Centre before publication**

Phone: 6257 8806 Fax: 6257 8053 Postal Address: P.O. Box 308 Swansea 7190

Email: [gobcnews@gmail.com](mailto:gobcnews@gmail.com)—articles, letters and photographs welcome!

Website: [www.gobcnews.weebly.com](http://www.gobcnews.weebly.com) Facebook: [www.facebook.com/greatoysterbaycommunitynews](https://www.facebook.com/greatoysterbaycommunitynews)

Printed by Swansea Online Access Centre

**Opening hours:** Monday to Friday 10 am - 3 pm. Public Holidays by prior arrangement

### Meals on Wheels

Date	Name
Wed 29 Nov	J Hardcastle
Thur 30 Nov	D Lord
Fri 1 Dec	A Simson
Mon 4 Dec	P & J Hardcastle
Tue 5 Dec	J Whittaker

**Disclaimer:** The Editorial team reserves the right to print any material which is designed to benefit or be of interest to the local community. Consequently, all views or opinions expressed in material published are solely those of the writer of that material and do not necessarily reflect the view or opinions of any persons associated with Great Oyster Bay Community News, the Swansea Online Access Centre or Linc Tasmania. The editorial team also reserves the right to edit or refuse to publish any material that may be deemed damaging, misleading or detrimental to our organisation or community. Please refer to our Editorial and Advertising policies which are located on our website [www.gobcnews.weebly.com](http://www.gobcnews.weebly.com)

Online in colour every week at [www.gobcnews.weebly.com](http://www.gobcnews.weebly.com)

# Community Notices

Care until release of **orphaned wildlife** including Wombats, Eastern Grey kangaroos (Foresters), Bennetts & Pademelon wallabies & Tasmanian Devil rescue. Phone Marcia at Bayview Bush Babies on 0448 714 419.

For advice or care of birds phone Sherryl Lyn on 0427 796 096.

Collection of **bee swarms**, please phone Marcia on 0448 714 419. Please phone pest control for wasps.

**Swansea Branch CWA** meets 2nd Wednesday of the month. New members always welcome. Craft days alternate months. Contact 6257 8947 for details.

**Spring Bay Walkers** have a regular walking calendar of many interesting local walks. Contact Cath Willmot on 6257 1096.

**All Saints Op Shop Mini Mart** 4th Friday of the month. At the Op Shop Franklin Street Swansea.

**Swansea Exercise Group.** Held at the Swansea Golf Club Mondays 8.45 am for 9 am Followed by Qigong 9.45 am for 10 am

**Cranbrook Craft Group** Every Wednesday 10.30 am at Cranbrook Hall, Cranbrook. Contact Edith 6257 8116

**Music and Meditation** 3 pm Wednesday All Saints Church. No M & M 22nd & 29th Nov. It resumes 6th Dec with excerpts from Handel's "Messiah"

**Catholic Church of Mary** Swansea, Weekly Mass Sunday 9 am

**May Shaw Lunch with Friends** 12 noon for 12.30 pm 2nd & 4th Thursday at the Swansea Golf Club.

**The Anglican Parish of Swansea** The Reverend Trevor Smith is available for appointments and conversations of any kind on Wednesdays and Fridays. Please give him a call on 0414 416 935.

**East Coast Christian Fellowship** 7 pm Wednesdays 1 pm occasional Sundays Alternating Swansea & Triabunna Elizabeth & Ed 0402 549 583 Sherry & Laurie 0499 193 821

**Haphazards Art Group** Mondays every fortnight All Saints Church Hall Noyes Street Swansea. Please ring Nora 6257 8407

**Glamorgan Spring Bay SES** 7 pm Training 2nd & 4th Monday of the month. Maria St. New members most welcome.

**Evening Prayer** 1st & 3rd Sunday of the month 5 pm All Saints Church.

**East Coast Cancer Support Group** Support and Information for those impacted by any type of cancer. Partners, immediate carers and the bereaved are also welcome. Meets on the first Wednesday of every month. 1.30 pm – 3.30 pm, Triabunna. For more information please contact Cynthia Taafe (Cancer Council Tasmania) Ph: 6169 1915

**UKERS** 6.30 pm 1st Dec at the Swansea Town Hall

**STUFIT** 7.30 pm 1st Dec at the Swansea Town Hall

**East Coast Planning Forum** 3 pm -5 pm Saturday 2nd Dec at the Beachfront Conference Centre, Bicheno. Hear from the Facilitator: Sophie Underwood 0407 501 999

**Swansea Players and Revue Group** Presents the "Sparkles" 5 pm 18th Dec Swansea Town Hall \$2 pp.

**eccai Christmas Party** 2.00 pm in the Swansea Courthouse. Illustrated talk by well known Falmouth artist Lorraine Biggs. All welcome

**Swansea Christmas Parade** Saturday 16th December 4 pm to 7.30 pm Floats assembly behind Morris' store. Proceeds along Franklin St., Victoria St. and Wellington St to the recreational ground. BBQ; Face Painting; Jumping Castle; Balloons and Raffle.

**Orford Odeon** 7 pm 19th Dec "Beauty and The Beast" Triabunna Community Hall \$5 Film finishers at approx. 10 pm

**Community Carols** 7 pm Wed 20th Dec All Saints Church grounds. All welcome. A cuppa and biscuits will follow. Bring along your chairs and rugs and let's make this a great family evening.

Advertisement

**Jen Butler**  
for Lyons

Tasmanian  
**Labor**

0438 336 430  
www.jenbutlerlyons.com

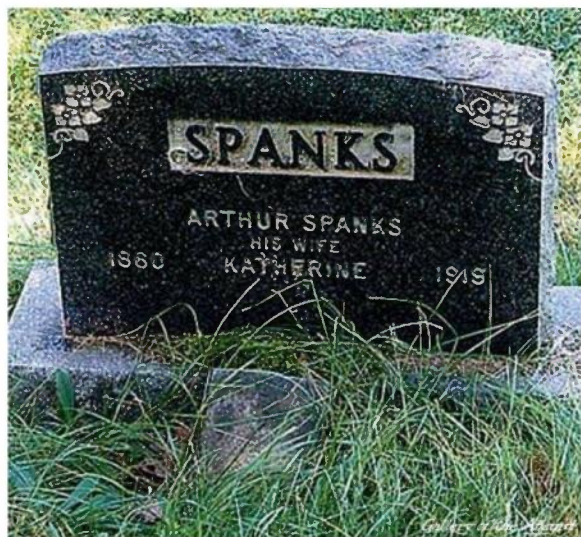


Authorised by D Llewellyn AM MP, Shop 9 Cove Hill Fair, Bridgewater

**Suzanne Edginton**  
Civil Marriage Celebrant  
Ph: 0417 540 721  
sedginton@live.com.au  
Weddings, Namings  
Renewals of Vows  
Anywhere you choose



### This Week's Headstone



*Thanks to Maureen Martin Ferris for this Headstone*

**N.J.E GLASS & GLAZING**

SERVICING THE EAST COAST  
0400 516 069

## Swansea Players and Revue Group

Presents

\*\*\*\*\*

**\*\*\*The Sparklers\*\*\***

\*\*\*\*\*

Tap Dancing Troupe  
Performing

“Sparklers On Stage”

5 pm Monday (doors open 4.30 pm)

18th December

Swansea Town Hall

Entry \$ 2 per person pay at door.

Following the show , there will be a little party to celebrate the girls' successful year.

To reserve your front row seat, text your name and number of tickets to me on 0437 264 332 . Else it is first in on the night..

*Janelle Hall*

*Sophie's*

Come to Sophie's this weekend to enjoy our seasonal a la carte lunch menu. All dishes are made with care and love onsite, and perfectly accompanied with Milton wines at their beautiful cellar door. We look forward to seeing you soon!

LUNCH: FRIDAY – MONDAY  
11:30-16:30

LOCATED AT MILTON VINEYARD:  
14635 TASMAN HWY, SWANSEA  
SOPHIESATMILTON.COM  
SOPHIESATMILTON@GMAIL.COM  
0450 211 939 or 0448 500 136



## Glamorgan Spring Bay Little Athletics Calendar 2017/2018

Date	Description
November 28	Meet
Dec 5	Meet
12	Christmas Break Up BBQ - Meet
16	Northern All Stars Meet- St Leonards
Jan 9,16,23 & 30	Meet
February 6,13 & 20	Meet
27	End of GSBLA Season Break Up
BBQ	
March 10	State Individual Championship - St Leonard
11	State Individual Championship- St Leonard

Please Note: This calendar shows intended meets.

The committee may cancel or reschedule meets as required due to insufficient parent help or coach attendance.

Please check the Facebook page for potential changes.

## GSBC Tip Times

Monday—Friday 2.30 pm– 4.30 pm

Saturday Closed

Sunday 12.30 pm- 4.30 pm

## Neville Pyke

ABN: 66 982 509 229

## Earthmoving & Excavation

18 Tribe Street  
BICHENO TAS 7215

0417 452 200

nipykeexcavation@gmail.com



Free, No Obligation Quotes

## VETERINARY CLINICS IN SWANSEA

Dr. Phillip Holmes will be visiting Swansea  
from 11 am onwards.

29th November

Please phone

6269 2323 for an appointment or veterinary advice.

## Glamorgan Spring Bay Council

### Dates of Council Meetings

Tuesdays 5 pm Triabunna

28th November;



With over 30 years in the concrete industry, East Coast Concrete are your local suppliers of Ready Mix Concrete. East Coast Concrete manufacture and supply 3000L & 4500L dual purpose Septic Tanks. We provide all aspects of concrete from initial excavations through to placement and finishing, including but not limited to paths, slabs, driveways, steps and coloured and exposed concrete.

No job is too big or too small when dealing with the professional and highly experienced team at East Coast Concrete.

For an obligation free quote call: 0417 561 581 or email: [email:eastcoastconcrete@bigpond.com](mailto:email:eastcoastconcrete@bigpond.com)

## Living Lighter is the Key to Preventing Poor Health

Continued from Page 1

The LiveLighter website will give you some ideas on how to live healthier that really work. It tells us:

- CALCULATE your risk through BMI or waist measurement.
- CHALLENGE yourself, set goals, and be accountable.
- PLAN to eat well. It doesn't happen by accident. LiveLighter's meal planners can help.
- MOVE at least 30 minutes a day – something that gets your pulse rate up. Cycling or fast walking is ideal.
- COMMIT to healthier habits and choose changes that you can maintain for life, and that you can pass on to your kids.

If you're concerned about your weight, a trip to your GP is also highly advisable. Everyone is different, after all, and some tailored advice can go a long way.

The preventative healthcare debate isn't going away any time soon. We will come to realise that the bang for buck you get out of prevention is far higher than dealing with the fallout. We should be emulating countries like New Zealand and Canada, whose expenditure on preventative healthcare is up to 6 per cent of the health budget. In Tasmania, it's less than 2 per cent.

Programs like LiveLighter will hopefully get us moving in the right direction. Visit [LiveLighter.com.au](http://LiveLighter.com.au) for more information.



May Shaw Health Centre Inc.

**LUNCH WITH FRIENDS!**  
Interested community members over the age of 55 years welcome to attend.

**Swansea Golf Club**  
**Thursday 14<sup>th</sup> December 2017**  
12 pm for 12.30 pm  
**\$10.00 main & dessert**



*Wishing you all a Happy Christmas and we look forward to seeing you in 2018!  
(Next Lunch 25<sup>th</sup> January 2018)*

Please get a group of friends together and join us for lunch.  
Transport provided if required.  
For meal and transport bookings please phone 6257 9100


Guest Speaker – Lifeline Tasmania

Purpose  
To increase understanding of suicide bereavement and learn basic support skills


Topics covered  
Crisis, trauma and grief  
What makes suicide different from other types of sudden death  
Beliefs and values  
Support approaches and best practice  
Self-care

Supported by the Australian Government Department of Health  
Visit the Department of Health website ([www.health.gov.au](http://www.health.gov.au)) for more information.

Hon Rene  
**Hidding MP**  
Liberal Member for Lyons



**Always Available**

**Ph: (03) 6165 7840**  
[rene.hidding@dpac.tas.gov.au](mailto:rene.hidding@dpac.tas.gov.au)  
 [rene.hiddingmp](https://www.facebook.com/rene.hiddingmp)

Authorised by Rene Hidding MP, 9 Gordon Street, Sorell

## Swansea Online Access Centre and Great Oyster Bay Community Newsletter

The Online Centre will close for annual leave

3 pm on Friday  
22nd December 2017

and reopen

10 am Monday  
8th January 2018.

The Newsletter's last issue for 2017

Issue 50.2017 will be printed in full colour  
on 19th December 2017

and

the first issue for 2018 issue 1.2018  
will be published on 9th January 2018



## Swansea Community Christmas Parade

**Best Christmas House Lights:**  
Bark Mill Tavern & Bakery Meal Voucher  
Judged By Mayshaw Residents

**Best Float Prize:** \$100  
**Best Parade Costumes:**

Adult Male	Pondering Frog Voucher
Adult Female	Rach Hair Design Voucher
Child Boy	Book Voucher
Child Girl	Book Voucher

LOOK FORWARD TO SEEING YOUR FLOATS AND COSTUMES

**FOR RENT - SWANSEA**  
3 Bedroom brick house with carport  
Built-ins in one bedroom, wood heating, Large fenced yard, rural setting, 6.5km from Swansea.  
Available 16 December.  
\$250 per week

Contact Linda for inspection - 0499774406

**For Sale**  
Electric Chair; Kelvinator Freezer; Couch; Sgl Bed & Matt; 3 Piece Lounge suite; Curtain & Rods, Blackwood Wardrobe w/2 Mirrors  
Ph 6257 8520

Spring Bay Neighbourhood Watch  
Notice of XMAS Meeting & BBQ

Date: Tuesday, 5th December, 2017 @ 6.30pm  
Venue: Spring Bay RSL Clubrooms  
1 Vicary St, Triabunna  
Agenda: General Business, Projects

All Welcome  
Please RSVP For Catering By Tues  
28 Nov CLIVE 0428 858 107 KERI  
0408 671 418

## SWANSEA COMMUNITY CHRISTMAS PARADE

**FUN ACTIVITIES AFTERWARDS**  
**Saturday 16th December 2017**  
**4.00 pm to 7.30pm**

Assembly of parade floats Maria Street behind Morris' Store  
Recreational Ground for fun activities

★ BBQ ★ Face Painting ★ Ice Cream Van ★ Coffee Van  
★ Jumping Castle ★ Balloons  
★ Drawing of Raffle



### Community Carols

7 pm Wed

20th Dec

All Saints Church grounds.

All welcome.

A cuppa and biscuits will follow. Bring along your chairs and rugs and let's make this a great family evening.



We are asking members of the public to **donate** the following secondhand items for our mange project. *It will help us tremendously.*

With this in mind we are currently in need of:-

- **10m x 375mm pvc pipe** for burrow entrances
- **Pine framing 3m** plus lengths
- **5x timber boxes** made phone for dimensions

### MANGE IN OUR MUNICIPALITY

We would be very grateful If any sightings of wombats with mange can be reported to either us directly or to the council (6256 4777).

Fortunately the few cases of mange here have been treated.

Please let us know if a wombat in your area is being treated so we will know they will not be in contact with untreated wombats that are mange free. If not they will infect others and spread the mite.

### PLEASE REPORT WOMBATS WITH MANGE

We really appreciate your help to keep our municipality clear of mange.

Scientists have said that in another 7 years wombats will most probably be extinct without a cure.

We have been treating wombats and now have animals **six months mange free** after our chemical free treatment regime.

### PLEASE DONATE - ANY \$ APPRECIATED

Become a member of Bayview Bush Babies Inc. *your help is needed!*

Thank you. Marcia Harvey Bird

**0448 714 419**

### TREASURER NEEDED PLEASE APPLY!

**Handyman Labourer**  
Swansea/Dolphin Sands  
Sort any task, no job too big.  
\$25 per hour  
Call Damian 0400435444

### ARTIFAKT NOW OPEN FRIDAY & SATURDAY NIGHTS!

## ARTIFAKT GALLERY & CAFÉ

Opening Every Friday & Saturday Night for

**5PM CURRY NIGHTS**

**also on menu: A Steak, Fish & Pasta Meal**

For bookings please call **6257 9095**

**TAKE-AWAYS AVAILABLE** 26 Franklin Street Swansea

Online in colour every week at [www.gobcnews.weebly.com](http://www.gobcnews.weebly.com)





# Swansea Community Christmas Parade

## RAFFLE

Wineglass Bay Cruises	2 Gift cards for Vista Lounge Cruise
Melshell Oyster	2 Oyster Vouchers
Piermont Retreat	1 Nights accommodation & \$50 Breakfast
Swansea Holiday Park	1 night accommodation up to 4 guests
Swansea Post Office	\$200 Voucher
Swansea Chemist	Family Gift Pack
Tassle Terrarium	\$110 Value
Marlene and Geoff Jones	Embroidered Bath Towel Set
Milton Winery	Wine
Kings Fine Art Gallery	2 Artwork Prints

**DRAWN : 16th DECEMBER 2017**



**PIERMONT**



*Santa's Coming Too!*

**Disney BEAUTY AND THE BEAST**

**7pm TUE DECEMBER 19th ~ TRIABUNNA COMMUNITY HALL**

**TICKETS ONLY \$5 EACH ~ DOORS OPEN @ 6pm ~ SESSION FINISHES APPROX 10.15pm**

Refreshments available at **THE ODEON CAFE**

[www.orfordodeon.com](http://www.orfordodeon.com)

PG

Facebook

PRINTER OUT OF INK?  
PRINTER BROKEN?  
REPLACEMENT TOO  
EXPENSIVE?

Come to the  
Swansea Online Access Centre  
We supply the ink, paper, printer  
and we can help too.  
Black & white A4....30c per copy  
Colour A4....50c per copy  
Other sizes available  
\*(price as for single sided only)

**Swansea Weather**

[www.bom.gov.au/australia/meteye](http://www.bom.gov.au/australia/meteye)

	Mon. 27 Nov	Tue. 28 Nov	Wed. 29 Nov	Thu. 30 Nov	Fri. 1 Dec	Sat. 2 Dec	Sun. 3 Dec
Max. Temperature	21 °C	20 °C	25 °C	29 °C	19 °C	17 °C	19 °C
Min. Temperature		12 °C	12 °C	15 °C	13 °C	9 °C	7 °C

Online in colour every week at [www.gobcnews.weebly.com](http://www.gobcnews.weebly.com)



## Swansea Community

### Christmas Parade

#### Float Registration Form

If you would like to take part in the parade event, please fill in your details in the Event Registration Form below and you will be automatically registered. Event registration must be completed by 9th December 2017.

Name:

Phone:

Brief description of float you will bring along?

Assemble Time for floats:  
Saturday 16th December 2017 by 4.00 pm.

For Public Liability purposes we are required to provide information to Tasmanian Police as to what floats will be entering.

No horses, motor bikes or ATV's allowed due to O. H. & S.

If you are wanting to keep this as a surprise please just add a brief description.

Thank you for your understanding.

**Swansea Community Christmas Parade Committee.**

## ARE YOU INTERESTED IN LEARNING SOMETHING NEW?

Swansea C.W.A. intend to arrange classes in early 2018 (free of charge) for anyone who wants to learn.....

knitting,  
crocheting,  
applique,  
candlewicking,  
card making,  
sewing,  
patchwork,  
cross stich,  
embroidery,  
cooking – scones, slices,  
biscuit

Did you miss out somewhere along the line and would now like to learn

Contact Gloria Willis 6257 8258  
or  
Dianne Smith 6257 8947

To show your interest and we will try to accommodate. Men are most welcome to come and learn.

Dates and times will be notified in the New Year when we know people's interests

### SUMMER CAUTIONS

Hello All. Just a reminder its getting hotter and all the critters are on the move, so be weary of them as they go about their business crossing roads and paddocks. Please give them plenty of room and try to avoid them on the roads especially if driving.

So many poor blue tongues get squished and our echidnas can do your car a lot of damage.

Snakes and Jack Jumper ants are another problem so watch out for them and take all necessary precautions to stay safe and avoid the nasty things.

I love our wildlife, but I'm no greenie.

Stay safe.

*Regards Rob Gaspari*

## GARAGE SALE

**December 2nd and 3rd ALL DAY**

**Collectables, New Christmas Trees,**

**Toys as new, Linen,**

**Board games, Clothes, Books, Tools.**

**82 Franklin Street, Swansea**



**Swansea  
Hardware**

New seedlings  
in on Tuesday

Colourful  
Petunias and  
Pansies  
New range of  
Terracotta pots  
coming soon



# May Shaw Health Centre Inc.

MAY SHAW, SWANSEA

MAY SHAW – AMINYA

## HOME CARE PACKAGE PROVIDER

Your Provider of Choice

In the Municipality of Glamorgan Spring Bay

Local Staff, Local Knowledge, Responding to Community Need

For information on home care packages please contact  
**Shirley Raspin M: 0419 370 134**

## FOR SALE

Ford Transit Campervan

\$40,000.00 ONO

170,000 Kms

Turbo Diesel 2005

Manual

Walk Through,

Shower

Toilet,

Single Beds

Reverse Cycle Airconditioning,

Television

Microwave,

3 Burner Gas Stove Top,

Fridge,

Fully Screened,

Wind Out Awning

Phone 0427 544 123

19 Shaw Street Swansea

Reluctant Sale Due to  
Upgrade

2005 Toyota Corolla Ascent  
Auto  
113,000 klms.  
Mech Great,  
6 Mths Reg. 2 new tyres,  
Serviced \$6500 ono.

Chris 0417 941 677  
Elaine 0448 941 666

**KINGS**  
FINE ART GALLERY  
& TEA ROOM  
22 Cambria Drive Dolphin Sands  
**OPENING SOON**



Holiday Casuals Required

Cleaning staff required for  
Christmas /January/February  
holiday period

Above award wages

Please contact  
Swansea Holiday Park  
62578148  
Or  
call in to 2 Bridge Street  
Swansea.



**Bark Mill** Tavern and Bakery  
Swansea

*One of the best experiences on the East Coast*



**TAVERN**

**Serving Meals 7 Days a Week**  
**LUNCH: 12noon – 2pm**  
**DINNER: 5.30pm – 8pm**  
*Large selection, Great Value, & Friendly Service*  
*Bookings recommended to avoid disappointment*

**Delicious Lunch Menu**  
**FROM \$18**  
**PIZZA eat in or take-away**  
**noon – 2pm & 5pm – 8pm**

**BAKERY**

**OPEN 7 DAYS A WEEK 6am–4pm**  
**HOT BREAKFAST**  
*Served from 7am*  
**Cafe/Bakery eat in or take-away!**  
*Breads, Pastries, Cakes,*  
*Slices and the **BEST COFFEE!***  
**FRESH, READY TO SERVE & TASTES GREAT!**

**BOTTLESHOP**

**SAVE SAVE SAVE**  
**GREAT SPECIALS**  
**ON BEER, WINE & SPIRITS**  
**Big Bargain**  
*everyday low prices*  
**Phone: 6257 8094**

Swansea Probus Club Inc.  
10 am  
14th November  
Monthly Meeting and BBQ  
Swansea Golf Club

New members welcome

Bill Fry Sec.  
0411 203 223



# East Coast Planning Forum

Hear from the Planning Matters Alliance Tasmania (PMAT) on how the Liberal Government's proposed statewide planning scheme will impact you and your beautiful east coast environment.

Highlighting local east coast issues with talks & discussion on planning for the future, including on water, food security, fire prevention & biodiversity.

Saturday 2nd December 2017 3pm - 5pm  
Beachfront Conference Centre, Bicheno

Event contact:  
Sophie 0407 501 999  
sophie\_underwood@hotmail.com



## Why Planning Matters

Planning affects every land title in Tasmania – your home, your neighbour's house, your local shops, schools and parks. Planning shapes our cities, towns, coastal and rural landscapes, building strong, thriving, healthy sustainable communities.

PMAT is a growing network of over 50 community groups from across Tasmania, including 13 from the East Coast Beaumaris Action Network, Freycinet Action Network, Friends of Four Mile Creek, Friends of the Blue Tier, North East Bioregional Network, Seymour Community Action Group, Earth Ocean Network (Bicheno), Swansea Group, The Tasmanian Wilderness Society, Let's Grow Tasmania's Future, Marine Protection Tasmania, St Helens Point Progress Association, and Bay of Fires Coastal Preservation Lobby.

Photo: Kate Stevens

To contact PMAT or to find out more visit  
[www.planningmatterstas.org.au](http://www.planningmatterstas.org.au)



facebook/planningmatterstas

Online in colour every week at [www.gobcnews.weebly.com](http://www.gobcnews.weebly.com)



## Keeping Community Moving

The Bicheno Community Car has been supported by the Swansea/Bicheno Community Bank<sup>®</sup> for several years and the Bank will continue to assist the organisers in providing this wonderful service to the community.

Coordinators, Glynis and Shayne Williams (pictured here with long-time resident,



Grace Bailey) have been managing the operation of the car, from the Bicheno Health Centre, for a number of years and are excited about securing ongoing funding.

The car is essential for many residents, just like Grace, who rely on it for all sorts of trips, such as medical appointments, and would be lost without it. Along with the car comes the volunteer drivers, of course, one of whom is Shayne himself, and their contribution adds to the overall excellence of the service. The Bicheno Community car has, therefore, become integral within the fabric of the community in ensuring that even though residents live away from many much needed specialist services, amongst others, they are never isolated.

The Bendigo Bank model of supporting and working with the community is no better demonstrated in these situations and the Swansea/Bicheno Community Bank is proud to be of service.

### SMALL GRANTS AVAILABLE ONCE AGAIN

It is also timely to note that the Bank's Community Smalls Grants Programme is, once again, open for submissions from 1<sup>st</sup> December, with applications for this round closing on 30<sup>th</sup> January.

This programme aims to provide assistance to local groups or charities to purchase equipment or to conduct an event of benefit to the community etc, usually to the maximum of \$500. For more information and/or application forms please find contacts listed to the right.

The Secretary, Freycinet Coast Financial Services Limited

(Swansea/Bicheno Community Bank<sup>®</sup>)  
Branches of Bendigo Bank), PO Box 125,  
Bicheno, Tas, 7215

Phone : 03 6375 1681 and Fax : 03 6375  
1683 - Email :

[secretary@freycinet.own.net.au](mailto:secretary@freycinet.own.net.au)

Or visit one of our branches

**Swansea/Bicheno Community Bank<sup>®</sup> Branch**



## Urgently Needed To Rent

3 or 4 bedroom house for family of 5  
In the village



There are no pets

Make someone happy for Christmas

If we want the town to thrive we need young families with kids to support the school, which supports the community which supports everything else.

Could possibly do a swap for a two bedroom flat right in the middle of town for the right tenant.

0418 413 676 or 0488 007 539

Boat Licence  
Training in Swansea

Adult \$150. 12 - 16 years \$80  
Includes Licence to June 2018

Freycinet Volunteer Marine Rescue

Call 0400 329 973

[www.freycinetvmr.com.au](http://www.freycinetvmr.com.au)



**BARK MILL**

*Christmas  
Cocktail Party  
with Friends*

**Thursday 14th December  
5.30pm-7.30pm**

**\$30 per person**

*includes finger food, some beer, wine & soft drink*

*Selected cocktails available from Matt's Chrissy  
Cocktail Bar available for purchase*

**PURCHASE TICKETS FROM THE BARK MILL TAVERN**



Friday 1st Dec  
Swansea Town Hall

UKERS 6.30 pm

STUFIT 7.30 pm



Guest Communication & Liaison

Professional Accommodation  
Management

Property Presentation  
& Maintenance Support

*"Adding the Human Touch to Hosting"*

**0417 946 585**

[eastcoastholidayaccommodation.com.au](http://eastcoastholidayaccommodation.com.au)

**Dans East Coast Computers**  
**0478 732 770**

- Laptop/Desktop Repairs
- Networking Solutions
- Phone/Tablet Repairs
- Friendly/Reliable Service
- Data Recovery
- Gaming Systems
- New Systems
- All work guaranteed



Advertisement

Kylie

**Wright**

Give the East Coast a Voice

Tasmanian  
**Labor**

Putting **people** first

**0439 742 946**

[kyliewright464@gmail.com](mailto:kyliewright464@gmail.com)

Authorised by Brian Mitchell MP  
53b Main Rd Perth Tas 7300



Online in colour every week at [www.gobcnews.weebly.com](http://www.gobcnews.weebly.com)

## Bear Cottage Crafts



**Flowers** (free local delivery),  
**Cards, Gifts, Jewellery,**  
**Scarves**

Credit Card & Eftpos

Open 7 Days 9-5

18 Franklin Street, Swansea

(03) 6257 8091

info@bearcottagecrafts.com.au

Support your local businesses

## EXTRA HAND HANDYMAN

Lawn mowing, garden  
maintenance, labouring,  
rubbish  
removal



You grow it & I'll mow it  
0488 007 539

## ACCOUNTANT & TAX AGENT

*Simon P. Clark*

Chartered Accountant

*"I come to you"*

Visiting Swansea the 4th Thursday of each  
month

For an appointment please call

Ph: 6391 3007

## Swansea Rainfall For The Last Week

Mon	20	0.0 mm
Tue	21	0.0 mm
Wed	22	0.0 mm
Thu	23	0.0 mm
Fri	24	0.0 mm
Sat	25	25.6 mm
Sun	26	1.8 mm

## VETERINARY CLINICS IN BICHENO

Dr Jeff Parsons consults in Bicheno  
every Tuesday afternoon.  
Please phone 6376 1577  
for an appointment or veterinary advice.

ADVERTISEMENT

*Proudly serving  
the East Coast!*



6263 3721  
(Bridgewater)

6398 1115  
(Perth)

brian.mitchell.mp  
@aph.gov.au

**Brian Mitchell MP**  
*Your* Federal Member for Lyons



Authorised by  
Rebecca White MP  
33 Cole Street, Sorell

**Labor**

## NJ Headlam Plumbing

All domestic and  
commercial  
plumbing

Phone: 0400 508 154

Email:

[njheadlamplumbing@gmail.com](mailto:njheadlamplumbing@gmail.com)

**Electrical  
NRG**

Licence Number: 947010  
Arc. Licence Number: AU 10099  
email: [electricalnrg@hotmail.com](mailto:electricalnrg@hotmail.com)  
website: [electricalnrg.com.au](http://electricalnrg.com.au)

Contact : Darrin Mol  
**0400 008 038**  
Now servicing the East Coast

**electrical & refrigeration services:**

- heatpumps • air conditioning
- electric heating • new mains
- switchboard upgrades • re-wires
- repairs • new houses • renovations

**Insects-R-Gon**  
**PEST CONTROL**

Safe and Effective Treatments  
for all of your Pest Problems

**Chris Green & Craig Andrews**



Licensed, Insured & Reliable  
**6243 9865, 0432 210 004**  
[www.insectsrگون.com.au](http://www.insectsrگون.com.au)  
email: [insectsrگون1@gmail.com](mailto:insectsrگون1@gmail.com)



**Delivering from  
Hobart to Swansea  
& everywhere inbetween**

**Call Andrew Moore  
0457 711 108  
or Casey Pyke 0457 711 109**

E: [downandbackdeliveries@yahoo.com.au](mailto:downandbackdeliveries@yahoo.com.au)

## Pest Controller

Leon Dransfield  
**0407 299 215**

**In Recess until  
September**



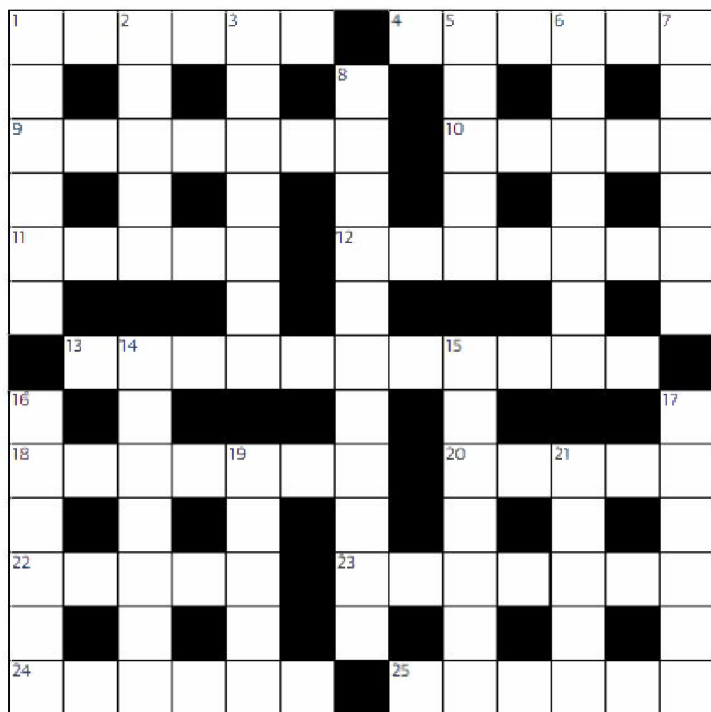
Qualified, Licensed, and  
because I live locally, I  
can offer follow up  
treatment if required. For all your creepy  
crawly pests.

**Spiders, Ants, Fleas and Flies etc.**

Using environmentally friendly  
products.



# Puzzle Page



## Across

- 1 Turn pale (6)  
 4 University lecturer, ranking below a professor (6)  
 9 Green vegetable (7)  
 10 Preliminary drawing (5)  
 11 Also-ran (5)  
 12 Low wall along the side of a bridge (7)  
 13 Done secretly (11)  
 18 Occupied (7)  
 20 Point of view (5)  
 22 On which music is written (5)  
 23 Omitted (4,3)  
 24 Decorous (6)  
 25 Tired (6)

## Down

- 1 Common volcanic rock (6)  
 2 Gives out (5)  
 3 Annoyance (7)  
 5 Duck valued for its down (5)  
 6 Poker-faced (7)  
 7 Spin round (6)  
 8 18th-century style of chairs and cabinets (11)  
 14 Dawdler (7)  
 15 Weepy (7)  
 16 Official body count? (6)  
 17 With dexterity (6)  
 19 Of major significance — very good (5)  
 21 Small woodland (5)

## Glamorgan Spring Bay SES Training

2nd & 4th  
 Monday of the month  
 7 pm at the New Building  
 Maria Street Swansea

New members most welcome .

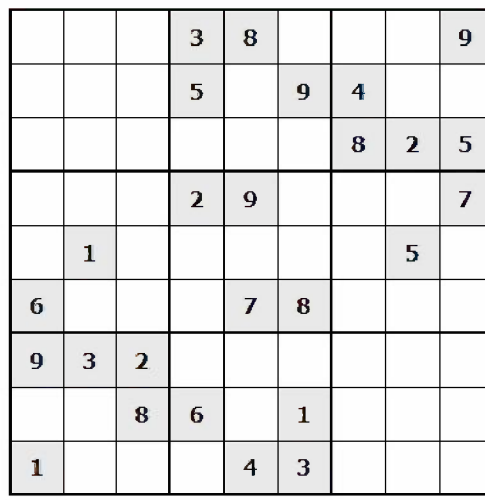
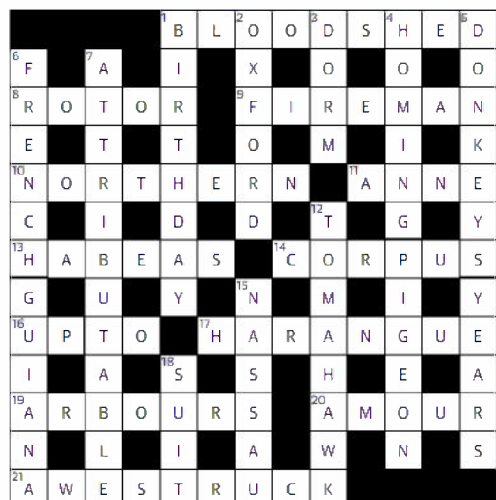
Swansea Library  
 Linc Tasmania

Tues & Thurs

9.30 am to 12.30 pm

1.15 pm to 4.15 pm

6257 8607



## Swansea Golf Club Report

Saturday 25th November 2017

Twenty nine members played in an Ambrose teams event on Saturday sponsored by Swansea Pharmacy. The team of Ricky Wright, Wayne Cargill, Darryl Down and Dale Williams with a score of net 48 won the fours competition, just in front of team Steve Kenny, Ray Dart, Lyn Lyne and Murray Lethborg with 48.75. Alvin Douglas, Ian Johnson and Jack Hardcastle won the threesome competition with an excellent score of 50.5.



Large group: the grinning winners and runners up with Suzanne Hickey.

Nearest to the pins winners were Marion Gittus 6th/15; Ricky Wright 4th/13th; and Ray Dart won on the 7th/16 and 8th/17th.

Suzanne Hickey was present to award the prizes to the winners and runners up. Members thanked Swansea Pharmacy for the very much appreciated sponsorship and support to our club.

### Mid-Week Women's Results:

**18 Hole Stableford: Winner:** A. Barden 41 points; J. Whelan 35; L. McKenna 34; S. Siepen and A Smith 33; K. Dance and L. Lyne 32; V. Kemp 31; P. Hardcastle 29.

**PUTTS:** L. Lyne, A. Smith and S. Siepen 29.

**9 Hole Stableford Winner:** A. Donaldson 19; H. Hall 17; J. Cleaver 12; D. Garcia 10.

**Nearest to the pin winners:** 7th/16th J. Whelan; 5th/14th P. Hardcastle.



Winners: Angela Barden and Ricky Dance with Suzanne

### Mid-Week Chicken Run Results:

**Wednesday:** M. Hall 29.5; G. Todd and D. Down 30; J. Quinn 30.5; M. Woolveridge 32; B. Squires 32.5.

**PUTTS:** D. Down and M. Hall 13; B. Squires 14.

**Friday:** S. Kenny 26.9; S. Moore 27.5; I. Johnson 29; M. Brown 29.5.

**PUTTS:** A. Douglas, M. Lethborg and I. Johnson 13.



Happy Jack Hardcastle with Suzanne.

### Coming Events:

Friday	1st December: Social function at club rooms.
Saturday	2nd December: Monthly Medal. Stroke
Thursday	7th December: East Coast Veterans at Swansea. Ladies' Day. Mixed Ambrose
Saturday	9th December: Stroke event. Sponsored by the Bendigo Community Bank.

### Swansea Bowls Club

We welcome all old and new members and anyone who would like to have a game of bowls or look around the clubhouse or thinking of becoming a member.

Social Triples is at 1 pm for 1.30 pm Thursday Please note earlier time start this year.

Members, please check the notice board for up to date events. Enquiries 0427 688 016

### Swansea Cricket Club

Sat 25 Nov Swansea Bye

Sat 2 Dec Swansea Vs Leventdale 11 am Swansea

Online in colour every week at [www.gobcnews.weebly.com](http://www.gobcnews.weebly.com)