



06<sup>th</sup> July 2021



## **GRANT POPS UP FOR** DENTAL EQUIPMENT

We all know there's power in the printed word, but how can books help Tasmanians with tooth troubles get the care they need? Books that find their way to Triabunna's popular Pop Up Book Stall (PUBS) are not The popular stall is superbly organized and only satisfying avid readers, the money raised from their sale has resulted in a grant of \$6500 to the Royal Flying Doctor Service Tasmania's mobile dental clinic at May Shaw Health Centre, Swansea.

RFDS Tasmania Mobile Dental Care Program manager Nicole Henty said that the funds will be used to purchase an endodontic motor and handpiece which will allow the speed and accuracy of root canal procedures to improve, and in turn more patients will be able to access the free dental service.

"It's amazing how this generous donation from a committed community group like PUBS can make such a big difference in so many ways", Nicole said.

"Not only is PUBS a mecca for book lovers, the money it has raised will help the RFDS significantly enhance the dental services that we provide to the Glamorgan- getting around. Spring Bay community."

The RFDS also provides physical and mental health care programs in the municipality.

PUBS is run by a team of 22 volunteers out of the Old Council Chambers in Vicory St every Wednesday, Friday and Sunday 11am-2.30pm.

offers great variety with more than 4000 books for sale for as little as 50 cents. PUBS manager Judy Mollineaux said that the grant to RFDS was the biggest single contribution it had made so far and brings the total grants gifted to community groups to more than \$60,000.

She recalled the time when she and fellow book tragic Richard Wyllie and Jane Pollard came up with the concept in 2015 they were thrilled to raise \$100 from their first stall.

"The book stall popped up in various locations until February last year when we secured the permanent location in the old hall attached to the former council chambers," Judy said.

"This has made a huge difference and people are coming from as far away as Launceston and Huonville and word is really

#### Issue 27.2021

"This support means we have been able to give grants to the Anglican Church, Orford and Triabunna schools, Ambulance Tasmania volunteers, fire brigades at Triabunna and Buckland and the Suicide Prevention Network and many more essential community groups."

By Lana Best

## FERGUSON AVOIDING **IMPORTANT QUESTIONS ON COMPENSATION FOR** EAST COAST RESIDENTS

The Gutwein Government is failing in its duty to provide compensation to East Coast residents affected by the Tasman Highway closure.

Labor Member for Lyons Jen Butler said while the government's support for businesses affected by the road closure near Orford was welcomed, Infrastructure Minister Michael Ferguson was avoiding the important need for others to be compensated for the widespread inconvenience. "Michael Ferguson was asked a direct question in the State Parliament today on the important need for residents to be compensated and he point blank refused to answer," Ms Butler said.

"Ordinary families and mums and dads have been badly affected by the necessity to make the Tasman Highway safe but they have been left high and dry by this government.

"But Michael Ferguson has no answers. "I urge Mr Ferguson to listen to those residents who have lost incomes by not being able to get to their jobs and listen to those residents whose lives have been interrupted.

"I urge him to tell them what compensation is available and how they can go about receiving it."

Jen Butler MP Labor Member for Lyons

#### **OPENING TIMES**



Great Oyster Bay Community News

#### **OPENING TIMES**



#### GLAMORGAN -SPRING BAY COUNCIL

9 Melbourne Street, Triabunna operating normal hours of operation, Monday to Friday 9.00am – 4.30pm

BUT with some changes, go to https://gsbc.tas.gov.au/servicesfacilities/public-notices/ for details

#### WASTE MANAGEMENT CENTRES (WMC)

#### WINTER OPENING TIMES May 2021 - end October 2021

BICHENO WMC – 2km south of the town, on the Tasman Hwy.

**COLES BAY WMC** – turn off Coles Bay Rd, about 5kms from the township.

**ORFORD WMC** – Tasman Hwy, just north of Raspins Beach.

SWANSEA WMC - top of Maria St.

All four WMCs are open from Monday, Wednesday & Friday 2:30pm-4:30pm Closed Saturdays Sundays 10.00am-2.00pm Open all Public Holidays except Christmas Day & Good Friday - normal times apply

#### **OPENING TIMES**

#### **All Saints Op Shop**

Franklin St. Swansea Trading hours: Monday — Friday 10 am—2 pm Saturday 10 am — 12 noon (subject to staff availability) Donations most welcome Gloria Willis interim manager All Saints Op Shop for Anglican Parish of East Coast

#### **Pop Up Book Stall**

Open: Wednesday to Sunday 11am -2.30pm plus Public Holidays. Community Hall (former Council Chambers Building) Vicary St. Triabunna. All proceeds are donated to community organisations and activities. Enquiries Judy 62571262/0438571262 Beth 0407571181 www.facebook.com/PopUpBookStall email popupbookstall@hotmail.com

#### SWANSEA GENERAL PRACTICE

May Shaw, Wellington St. Swansea Open Monday—Friday 9.00am-1.00pm 2.00pm-5.00pm For an appointment phone 6257 8205

#### **East Coast Heritage Museum**

22 Franklin Street, Swansea Open Mon to Fri 10am–4pm Closed Good Friday & Christmas Day www.eastcoastheritage.org.au (We are Covid Compliant, be COVID-19 Safe)

## **GREAT OYSTER BAY COMMUNITY NEWS TEAM**

The current Swansea Online Access Centre volunteers and our coordinator Bill Fry

Advertising, Stories & Copy Deadline: STRICTLY 12 NOON FRIDAY The Great Oyster Bay Community News is printed on Tuesdays. Please ensure your ads are in early to meet your advertising deadline dates.

Advertisements costing **\$20 or less MUST BE PAID IN CASH** at the Swansea Online Centre prior to publication Please provide adverts in PDF, JPG or Word format. Articles, letters and photographs of events are most welcome! Phone: 0424 425 908 Post: PO Box 308 Swansea 7190 Email: gobcnews@gmail.com

Website: www.gobcnews.weebly.com

Facebook: www.facebook.com/greatoysterbaycommunitynews Printed at the Swansea Online Access Centre, Swansea, Tasmania Opening Hours: Monday to Friday 10am–3pm (Unless otherwise noted)

Closed Sat & Sun + Public Holidays

Franklin Street, Swansea (next to the Library).

#### LETTERS to THE GOBCNews TEAM (editor)

Please address your letters to the editorial team and please keep it under 200 words, and email to **gobcnews@gmail.com**. Letters to the editor must comply with our editorial policy, see disclaimer below. **Un-authored letters will not be published**.

THE GREAT OYSTER BAY COMMUNITY NEWS is a weekly newsletter containing articles of interest, community notices and advertising relevant to the Glamorgan Spring Bay Municipality. Advertising revenue is used to finance the printing of 600+ Newsletters, 50 weeks of the year. The Great Oyster Bay Community News is distributed to all major towns of the municipality weekly, free of charge for our readers. The GOBCNews team

**Disclaimer:** The Great Oyster Bay Community News 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 Libraries Tasmania. The Great Oyster Bay Community News also reserves the right to edit or refuse to publish any material, that also may be deemed damaging, misleading or detrimental to our organisation or community or any person. Please refer to our Editorial and Advertising policies which are located on our website: www.gobcnews.weebly.com

#### **OPENING TIMES**

#### Swansea Community & Men's Shed

Opening Hours: Tuesday 10am to early afternoon (men & women's group) Wednesday 10am to 1pm (men's group) Wednesday afternoons (school pupils) Thursday 10am to early afternoon (men's group) Friday 10am to early afternoon (women's group) **Contact Colin Stevenson 0400 030 746** 

Swansea Re-Use Shoppe Opening hours: Saturday - Sunday, Tuesday - Thursday 10am to 3pm

CLOSED MONDAY & FRIDAY

Contact Tracey Kean 0407 639 022

#### Swansea Community Room

with kitchen facilities. Available for hire Contact Heather Groombridge 0416 200 172

#### **CHURCH NOTICES**

St. Andrews Uniting Church Swansea will be holding services on the 1st & 3rd Sundays of each month at 10m. Everyone is invited to attend. All Welcome

#### **Swansea House Church**

Every Thursday 6.30pm—8.30pm 9 Bridge St. Swansea







Please join us for church every Sunday (usually 10am or 3pm). See details on the website or call **Reverend Ben Allen** 0407 242 522 www.eastcoastanglican.church 10 Noyes Street, Swansea & 1 Franklin Street, Triabunna Great Oyster Bay Community News

#### **CLUBS & GROUPS**

Swansea Branch CWA meets 2nd Wednesday of the month. New members always welcome. Craft days alternate months. Contact 0402 043 621 for details

Spring Bay Walkers Every Thursday morning, contact Peter Hutememier 6257 7506. See programme www.triabunnavillage.com.au/ springbay- walkers

Swansea Exercise Group. held at Swansea Golf Club

Mondays 8:45 for 9 am. (currently full) Followed by **Qigong** at 10 am Enquiries: 0429 178 076 / 0448 649 765 (re Exercise Group) or 0448 649 765 (re Qigong)

Mahjong 1.30 pm Mondays Swansea Golf Club. Contact Lyn Lyne 0438 578 208

Cranbrook Craft Group Every Wednesday 10.30 am at Cranbrook Hall. Cranbrook. Contact Edith 0409 216 793

Swansea Tennis Club is open to all members and available for hire. Ladies day Mondays, playing 11am. Contact Kathy Dance 0439 732 496. All new members welcome.

Swansea Men's Probus Club meeting start 10am every 2nd Tuesday of the month at Swansea Golf Club with Social Distancing

#### **Glamorgan Spring Bay Historical Society Inc.**

Are you interested in local History? Then consider joining the Historical Society. Currently our office is open Tuesdays 10am to 4pm 22 Franklin Street, Swansea https://glamorganhistory.org.au/ Phone: 03 6256 5077

> East Coast Community Youth Choir

is open to boys and girls aged 9-16. Meets in Orford. For details contact Gaye 0422 961 678

## CLUBS & GROUPS

SWANSEA ROSTER									
Date	2021	Name							
Wed	07 Jul	N Hickey							
Thur	08 Jul	S Fletcher							
Fri	09 Jul	D & C Busittil							
Mon	12 Jul	T Gray							
Tues	13 Jul	P & D Cardno							

**Tap Dancing Classes** 

Every second Saturday at the Swansea Courthouse from 4pm. Starting from Sat 10th July. Cost \$3. Shoes and drink provided. Janelle Hall 0437 264 332

#### Swansea & District Garden Club

Meetings held 2nd Thurs each month 2pm at All Saints Church Hall. New members welcome.

Ph 0417 977 118 or 0402 043 621 Swanseadistrictgardenclub @gmail.com

Dolphin Sands Ratepayers Assoc. (DSRA) Email: dsra.7190@gmail.com Website: dsra.org.au

Mail: PO Box 133, Swansea, 7190

Swansea Bowls Club Introducing Winter Indoor Bowls

Commencing **Friday 16th July** Roll up at 2.00 pm All Welcome, come and join the fun.

Contact: Mick 0417 064 571 or Judi 0449 596 175 for details

## GREAT OYSTER BAY NEWSLETTER ADVERT PRICES

CITE	1 Advert fo	Busines \$7.50 \$15 \$22 \$30 \$45 \$62 \$86
SIZE	Clubs & Personal	Business
1 (6x3cm)	\$6	\$7.50
2 (6x6cm)	\$12	\$15
3 (6x9cm)	\$18	\$22
4(6x12cm)	\$24	\$30
1/4 Page	\$36	\$45
1/3 Page	\$48	\$62
1/2 Page	\$66	\$86
Full Page	\$102	\$112

#### IMPORTANT

Please keep all your community notices up to date by contacting us on Phone: 0424 425 908 or Email: gobcnews@gmail.com

#### **MISCELLANEOUS**



Rescue, rehabilitation and release of native wildlife. Also treating wombats with

mange in our Municipality on behalf of Wombat Rescue.

Contact Marcia 0448714419

#### THE VILLAGE

20 Melbourne Street, Triabunna Activities getting back to Covid normality. See web page and Facebook page for full list of activities.

http://triabunnavillage.com.au/ https://www.facebook.com/ VillageTriabunna/

#### Military Compensation & Rehabilitation Advocacy

Services are now available at the Swansea RSL for ex-service, current serving and family members of the Australian Defence Forces. Contact Steven Kenny 0438 060 047

YOUR NOTICE HERE

#### **COMMUNITY NOTICES**

#### WANTED VOLUNTEERS

The Swansea Online Access Centre requires a few more dedicated **volunteers** to help in the daily running of the Centre. Current shifts are 10am-1pm & 1pm-3pm Monday to Friday. Training with be provided. SOAC is an approved voluntary work organisation for Centrelink's mutual obligation requirements.

SOAC also requires additional committed people to become committee members and help with the decision making of the centre. Meetings are quarterly.

For further details contact SOAC coordinator Bill Fry or the Secretary Rob Gaspari at the centre

Email address: gobcnews@gmail.com Phone number: 0424 425 908

#### **COMMUNITY NOTICES**

#### PFIZER COVID VACCINATIONS SWANSEA GENERAL PRACTICE

Patients of the Swansea General Practice aged between 18 – 59 years are now welcome to contact us to book for a Pfizer Vaccination. The Clinic will be on:

#### SUNDAY THE 11<sup>th</sup> July

PLEASE BOOK AS SOON AS POSSIBLE. PH: 6257 8205

#### THE GREAT OYSTER BAY COMMUNITY NEWS ANNUAL GIVING PROGRAM IS OPEN FOR 2021.

The Great Oyster Bay Community News is a weekly newsletter which contains items of interest for the Glamorgan-Spring Bay Council area and uses its advertising revenues to finance the printing of the newsletter 50 weeks of the year.

The Great Oyster Bay Community News also uses these revenues to distribute small grants to needy organisations from the Glamorgan-Spring Bay municipality. These small grants are strictly for not-forprofit organisations and are designed to assist these organisations in the purchase of goods and/or services that will benefit the Glamorgan-Spring Bay community.

The grants are normally distributed once a year and applicants are voted for by the SOAC Committee via the application form which is available from the Swansea Online Access Centre or downloaded from the web site:

https:llgobcnews.weebly.com/annualgiving-program.html

> Applications close Friday 13<sup>th</sup> August 2021 Note conditions apply, see form for details.

> > Robert j Gaspari (Secretary)

#### **COLOUR ISSUES 2021**

Issue 01 January 04 Issue 14 April 06 Issue 27 July 06 Issue 40 October 05 Issue 50 December 14

#### **IMPORTANT**

Please keep all your community notices up to date by contacting us at Phone: 0424 425 908 or Email: gobcnews@gmail.com

### COMMUNITY NOTICES

#### SWANSEA HERITAGE FESTIVAL 5-7<sup>th</sup> NOVEMBER 2021

The Swansea Heritage Festival is now only 4 months away. Please consider your business or community organisation joining the festivities. Here are some suggestions: markets, busking, spit roast, BBQ, food and refreshment stalls, games for children, dress up in old time costumes, performance (play), musical entertainment etc.

Already organised are: Banners throughout the town, Indigenous exhibition, Amos family exhibition, launch of 2<sup>nd</sup> edition of Houses & Estates of Old Glamorgan and a recipe book (from Glamorgan's past), walking tours of Swansea, visit to historic houses.

The festival will be run in conjunction with the 'Amos Family Reunion' being held at Cranbrook.

Dearne Smith and Maureen Martin Ferris are happy to chat with you or visit your group to discuss your plans. Phone Maureen 6256 5066 or email Dearne at <u>dearneps@msn.com</u>.

#### LETTERS TO THE EDITORIAL TEAM

Dear Editor,

GSBC - THE RATES SAGA JUST GOT A WHOLE LOT WORSE!

I wrote last week concerning the announcements by GSBC regarding rates increases. Thank you for publishing my previous letter. Since then, I have had communications with the Mayor, and the General Manager, about the rates for our property in Swansea.

In response to my queries, I this morning received an e-mail from the General Manager, in which I was advised as follows:-

"Your property at XXXXXXXXXX has an adj CV of \$xxxxx and an adj AAV of \$xxxxx. This means that the General Rates component for the next year will go to \$1,608, an increase of \$594.".

That is an increase of \$594, an increase in that component of my rates of 58.5%. Never mind 15%, or 12 - 58.5%!!!!!!!!!! I strongly urge other residents to check their rate notices very closely which should arrive in the next week or so. This is a LOT more than a Council on rate steroids. This Council is way, way out of control if it thinks it can just "willy nilly" apply rate increases like this! I also urge other ratepayers to write to the Minister for Local Government protesting this outrageous increase.

Yours sincerely,

John Gault.



### Tasman Highway closure near Orford Latest update - Friday 2 July

Earthmoving crews will continue to work over the weekend with the goal of removing rock debris from the Tasman Highway at Paradise Gorge next week.

Work will then start to repair the Highway surface ahead of the planned re-opening to traffic in mid-July.

Good progress has been made in clearing about 2,000 tonnes of rocks and debris brought down from the rock face which posed a safety risk to road users. Earth-moving crews have cleared the protective gravel cushion from about 70 metres of the highway and are starting to remove the main pile of rocks dislodged from the rockface, as well as the remaining gravel.

In promising news, damage to the section of highway cleared so far appears to be limited to the surface of the road without affecting the road base. However, the full extent of repairs required will not be known until the road has been completely cleared of the heavier rocks, and a full assessment done.

Wielangta Road received a full grading this week and we will continue to monitor Wielangta Road and Lake Leake Road daily and make repairs as required. Road users are reminded to drive to the conditions and comply with the speed limits for everyone's safety.

If you encounter potential hazards on these roads, please report them to the State Roads 24/7 hotline on 1300 139 933.





#### 66

I'm getting the COVID vaccine because I want to keep myself, my family and my mob protected.

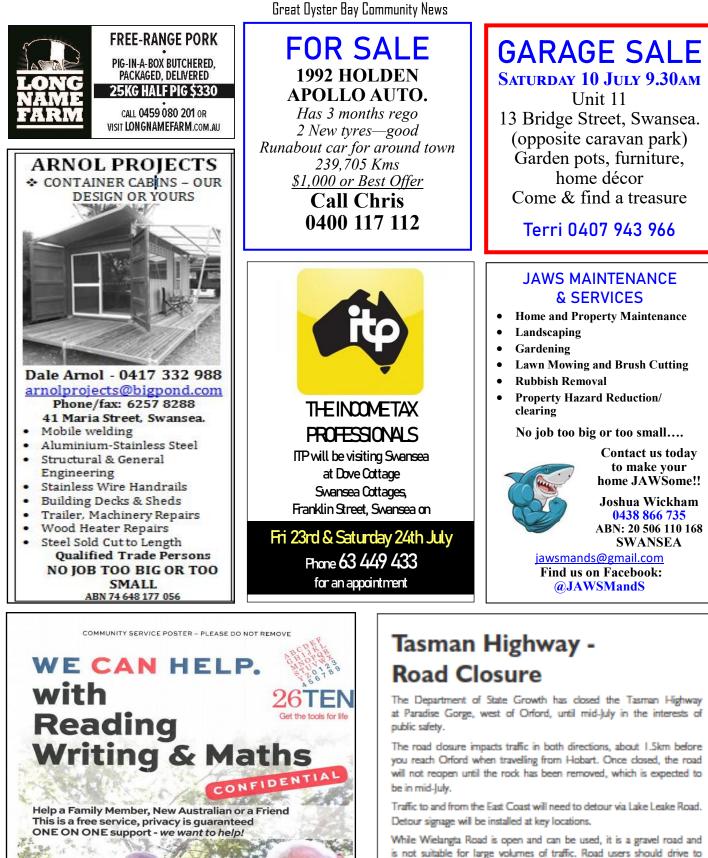
## WHY I'M GETTING

JODIE MOTHER AND GRANDMOTHER

## THE COVID-19 VACCINE

www.coronavirus.tas.gov.au/vaccine





REE 1 on 1 support

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the conditions.

1900 440 026 or ask@business.tas.gov.au

dosure, contact 1300 139 933.

Department of State Growth

If local businesses affected by the dosure have any questions or would like further information they are encouraged to contact Business Tasmania on

To report a hazard on the state road network, or for information about the

Tasmanian

Government



## HEALTHY TASMANIA NEIGHBOUR DAY GRANT

Neighbour Day is Australia's annual celebration of community, encouraging people to connect with their neighbours. It is managed by Relationships Australia. The aim of Neighbour Day is to increase positive and sustainable social connections between people and communities throughout Australia. To celebrate Neighbour Day this year, the Dolphin Sands Ratepayers Association (DSRA) held a 'thank you' BBQ for our emergency service personnel. Melshell Oyster Shack generously hosted the event and Geoff and Marlene Jones made first-rate burgers.

Neighbour Day is supported by the Tasmanian Government's Department of Health. The DSRA were successful in applying for a grant from the Healthy Tasmania Fund for two picnic tables to assist community gatherings. After discussing possible locations with council, one picnic table has been installed near the Swan River boat ramp and the other next to the beach access track at the corner of Dolphin Sands Rd and Cambria Drive (see map). We hope community members enjoy using the picnic tables for get-togethers.



map showing the location of the picnic tables

By Robyn Moore DSRA

## DOLPHIN SANDS PROTECTING OUR COMMUNITY FROM BUSHFIRE

The Commonwealth Government's Communities Environment Program supports small scale, community-led environment projects that address local environmental priorities. Thanks to a grant from this pro gram, through Brian Mitchell MP's office, the Dolphin Sands Ratepayers Association has been able to complete another round of coastal wattle removal.

Coastal wattle was aerial seeded on the peninsula in the last 1960s to stabilise the sand dunes when the area was subdivided (see dsra.org.au for more information). Runners of marram grass were also introduced at this time. In combination, these two species have created severe bushfire risk at Dolphin Sands.

We used our grant funds to employ contractors to mulch coastal wattle that community members had cleared from around their houses, beside their driveways and along roadside verges. Reducing coastal wattle helps make Dolphin Sands safer for our members, tourists and, most importantly, emergency service personnel.



By Robyn Moore DSRA



#### This is a SIZE 1 (6cm x 3cm) costs \$6 (personal/club) or \$7.50 (business) per issue

Discounts apply for multiple issues

## *The Massage & Healing Clinic*

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#### SWANSEA COURTHOUSE REPAIRS & UPGRADE BACK ON TRACK

Swansea Courthouse repairs and modernization continues after a delay due to water pipe damage and non compliance over -head cabling was discovered. The extended delay in replacing the cabling was due to the fact that the Swansea RSL was also using the same power supply and all parties had to be informed and made aware of the situation.

The Courthouse upgrade includes refur-

bishment of the existing rooms and the old courtroom with the major work of being the conversion of the existing toilets to include disabled facilities.

The Courthouse renovation is to bring the historic building up to code and attract possible businesses to the site. The building has a number of rooms both large and small, and ideal for meetings, exhibitions, etc.

The Courthouse is the oldest in Tasmania built in 1860.

By Robert Gaspari

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Health and Aged Care for Living

#### May Shaw Health Centre Inc. Swansea Positions Vacant

May Shaw Health Centre Inc. are looking for the staff for the following roles,

- **EXTENDED CARE ASSISTANT** for the HOME CARE PROGRAM (must have a Certificate III in individual Support or equivalent, reliable car and drivers licence).
- **HOTEL SERVICES** (experience in the hospitality area desirable cleaning, laundry and catering).

**HOME CARE COORDINATOR** (Must have background in nursing or aged cared with excellent knowledge of home care packages).

## We encourage people living in the local area to apply.

Please email <u>hr@mayshaw.com.au</u> or call Jennifer on 0459 855 122 to obtain a copy of the position description and selection criteria.



Cnr Vicary and Melbourne Streets Triabunna 7190 Phone: 0472 511 136 springbay.oac@education.tas.gov.au ABN 99 529 381 305

Spring Bay OAC Inc.

#### VACANCY Assistant Coordinator

The Spring Bay Online Access Centre is looking for an Assistant Coordinator to work part-time commencing as soon as possible and finishing on 30 June 2022. Hours of work a 4 hours per day for two days per week. Days and times worked are negotiable.

The Assistant Coordinator will be responsible for:

- Assisting clients using the Internet and accessing online services
- Providing clients with basic computing support and training in standard office products (MS-Office)
- Supporting clients with the use of mobile devices (phones, tablets etc)
- Providing relief coverage for the Coordinator as required For further information and a copy of the Position Description and Selection Criteria Please contact Richard Wylie email <u>springbay.oac@education.tas.gov.au</u>, on 0472 511 136, or call into the centre.

Applications must address the selection criteria & be submitted in writing by 15 July 2021.

## DO YOU NEED TO DO PHOTOCOPYING

Large print runs at very reasonable prices. B&W or colour, A4/A3



size and in booklet form if required. SWANSEA ONLINE



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## This weeks puzzle page answers .....

No cheating now

### Labor Lyons MHR Brian Mitchell calls on Tasmanian government to upgrade East Coast tourist road W The Advocate

Emily Jarvie



IT STANLE COMMAND

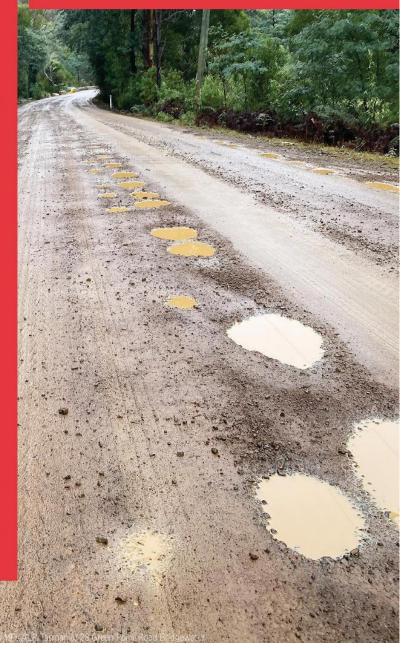
Over the past few weeks we have seen how

the people of the east coast who continue

support does not extend to employees, who terrible oversight to ignore the pain being felt

# Brian Mitchell MP

**ON YOUR SIDE!** 



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Great Oyster Bay Community News



#### SWANSEA RSL SUB-BRANCH INC. KIDS EAT FREE

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#### **Fish Bites**

**Chicken Strips** 

Roast of the day

**Calamari** Rings

FROG IN A POND FOR DESSERT

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CHILDREN 12 & UNDER TEEMS & CONDITIONS APPLY



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Great Oyster Bay Community News

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admin@robertsandpartnerslawyers.com.au

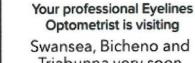
Knight

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OPTOMETRISTS

lines

To make an appointment call the **Eyelines Team at Sorell** on 6265 3011 we will tell you where to see us.





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### What is Diabetes?

Diabetes is a serious complex condition which can affect the entire body. Diabetes requires daily self care and if complications develop, diabetes can have a significant impact on quality of life and can reduce life expectancy. While there is currently no cure for diabetes, you can live a full life by learning about the condition and effectively managing it.

#### Three things you need to know about diabetes:

- It is not one condition- there are three main types of diabetes: type 1, type 2 and gestational diabetes
- All types of diabetes are complex and require daily care and management.
- Diabetes does not discriminate; anyone can develop diabetes.
- Total annual cost impact of diabetes in Australia estimated at \$14.6 billion.

Diabetes is the epidemic of the 21st century and the biggest challenge confronting Australia's health system.

#### Facts about diabetes

- 280 Australians are diagnosed with diabetes every day. That is one person every five minutes.
- Around 1.8 million Australians have diabetes. This includes all types of diagnosed diabetes (1.3 million known and registered) as well as silent, undiagnosed type 2 diabetes (up to 500,000 estimated)
- For every person diagnosed with diabetes there is usually a family member or carer who also 'lives with diabetes' every day in a support role. This means that an estimated 2.4 million Australians are affected by diabetes every day.

#### Type 2 - Are you at risk?

While there is no single cause of type 2 diabetes, there are well-established risk factors. Some risk factors can be controlled and others you are born with.

An estimated 2 million Australians are at high risk of developing type 2 diabetes and there are also large numbers of people with silent, undiagnosed type 2 diabetes which may be damaging their bodies.

#### Symptoms

In type 1 diabetes, symptoms are often sudden and can be lifethreatening; therefore, it is usually diagnosed quite quickly. In type 2 diabetes, many people have no symptoms at all, while other signs can go unnoticed being seen as part of 'getting older'. Therefore, by the time symptoms are noticed, complications of diabetes may already be present. Common symptoms include:

- Being more thirsty than usual
- Passing more urine
- Feeling tired and lethargic
- Always feeling hungry
- Having cuts that heal slowly.
- Itching, skin infections
- Blurred vision
- Unexplained weight loss (type 1)
- Gradually putting on weight (type 2)
- Mood swings
- Headaches
- Feeling dizzy
- Leg cramps



## 11 – 17 July 2021 is National Diabetes Week.

At the pharmacy we will be offering screening for your risk of type 2 diabetes. Come in and be screened, to be prepared for your future.

Beauty the swansea pharmacy Health the swansea pharmacy Gifts

## $\overline{\mathcal{T}}$ the swansea pharmacy phone 6257 8167



## HUNGRIES

#### Penne Pasta with Funghi & Salsa di Pana

My recipe for penne pasta with mushrooms and bacon in a cream sauce. A quick delicious dish, ready in about 15 - 20minutes. Penne paste is a great alternative to spaghetti or fettuccini especially if the kids are not up on twisting the fork for long pasta. If you are not a mushroom fan, use cooked peas as an alternative. Works well with gluten free pasta also.

#### **Ingredients:**

Mushrooms 2-3 small to medium sized 2 medium rashes of bacon or an equal amount of pancetta parmesan cheese (grated) 25gms Cream 250ml onion (small) garlic (clove) Penne pasta 200-250gms olive oil (2 tbs) salt & pepper to taste 1/2 cup of dry white wine (optional) parsley finely chopped (optional)

**Start:** In a large pot, bring 3-4Lt of water with a tsp of added salt to the boil.

**Filling:** Prepare by finely chopping 1 small onion, crush a clove of garlic and chop the bacon or pancetta into small pieces. Chop mushrooms into thin slices.

**Cooking:** Add the pasta to the boiling water and cook as per time the instructions on the pack (usually between 8 and 12 minutes). Test when pasta is al dente by trying a piece. If ready drain into colander, set aside.

Begin cooking the filling, by sauteing the onion, garlic and bacon in the oil until the onion is soft. Add the mushrooms and cook for 2 minutes, add wine and stir. Add the cream and a 2 tbs of grated parmesan cheese, mix and bring to a gentle simmer, add cooked pasta and (parsley), toss until all the pasta is coated and heated through.

Plate-up and add more grated parmesan cheese and pepper and salt to taste.

Serves 2-3 people and is great with a chilled dry white wine and a smile. Enjoy.



By Robert Gaspari



# THE PUZZLE PAGE

#### THIS WEEK'S CROSSWORD

No. 27.2021

By Rob Gaspari

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#### THIS WEEKS SUDOKU

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## **CLUES**

#### ACROSS

- 2. Disciples (9)
- 6. Deify (7)
- 8. Archaic form of citizen (3) **10.** Sing in low undertones (5)
- 12. Stitch (3)
- 13. Slewing (7)
- 15. Perceive, feel (5)
- 16. Welters (7)
- 17. Old Thailand (4)
- 18. Tender leaves of hemp (7)
- **20.** Without inherent power of action, etc (5)
- **22.** Converses (9)

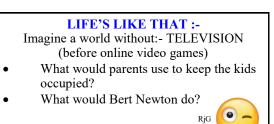
#### DOWN

- 1. Sailing vessels (5)
- **2.** Goodbyes (9)
- **3.** Sixth scale note (3)
- 4. Tyrannize (7)
- 5. Confirmed drunkard (3)
- 7. Water below 0degrees (3)
- 8. Concurs (9)
- 9. Taverns (4)
- 11. Raw mineral (3)
- 13. Stringed instruments (7) 14. Having buds (7)
- **16.** Large fish (5)
- 19. Strike (3)
- 21. Neon (2)



#### WHAT'S SO FUNNY?

- We all know about Murphy's Law: anything that can go wrong will go wrong. But have you heard of Cole's Law? It's thinly sliced cabbage.
- My friend gave birth in her car on the way to the hospital and her husband named the kid Carson.
- I begin to read a horror novel in Braille. Something bad is about to happen, I can feel it.
- I stayed up all night and tried to figure out where the sun was. Then it dawned on me.



Great Dyster Bay Community News

## **SPORT & WEATHER** Swansea Golf Club

#### Result 3<sup>rd</sup> July 2021.

	This week's competition played in perfect conditions was the July	y Monthly
	generously sponsored by Fran and Trudi Dowling.	
Medal Winner	Mitchel Baxter 51.	
Div. 1	Winner Ricky Wright 63 c/b Runner Up Peter Lea 63.	-
Div. 2	Winner Darryl Down 60, Runner Up Max Hall 63.	- 68
Ladies	Winner Sally Siepen 69, Runner Up Alison Smith 70, 3 <sup>rd</sup> Val Kemp	
$72 \text{ c/b}, 4^{\text{th}}$	Kathy Dance 72	
Nearest the Pin.	2 <sup>nd</sup> /11th Jim Miley, 8 <sup>th</sup> /17 <sup>th</sup> Darryl Down, 9 <sup>th</sup> /18 <sup>th</sup> Matt Gall. 4 <sup>th</sup> /13 <sup>th</sup> Keith Breheny, 7 <sup>th</sup> /16 <sup>th</sup> Mitchell Baxter.	
Super Pin	4 <sup>th</sup> /13 <sup>th</sup> Keith Breheny, 7 <sup>th</sup> /16 <sup>th</sup> Mitchell Baxter.	ALC: NO
Next Week	Viki Wright Memorial 4 Person Ambrose.	
		10.00

#### Wednesday 30th May 2021

	Ladies Monthly Medal - Stroke
18-Holers	Winner Sally Siepen 63, Runner Up Alison Smith 66.
9-Holers	Winner Jenny Whittaker 31, Runner Up Helen Hall 37.
Nearest the Pin	3 <sup>rd</sup> Kathy Dance, 8 <sup>th</sup> Sally Siepen, 4 <sup>th</sup> Jenny Whittaker,
	7 <sup>th</sup> Jane Cotton.
Birdies	Di Sinclair.
Gobblers	Di Sinclair, Alison Smith.

#### Chicken Run (Scores Only)

Wednesday, Mike Woolveridge 30, Keith Breheny 30.5, Ian Johnson 30.1, Putts John Cotton 14. Friday, Mitch Baxter 31, Steve Mortimer 31.5, Peter Lea 31.5, Rob Curren 31.5, Putts Tim Bond 13, Mitchel Baxter 13.

An American tourist asks an Irishman: "Why do Scuba divers always fall backwards off their boats?" To which the Irishman replies: "If they fell forwards, they'd still be in the bloody boat."

Slaney phoned the maternity ward at the hospital. 'Quick!' he said. 'Send an ambulance, my wife is goin' to have a baby!' 'Tell me, is this her first baby?' the intern asked. 'No, this is her husband, Kevin, speakin'.'

Results & the jokes by Paul Nunn

Have you any stories or articles you want to share? Please see our website for details. www.gobcnews.weebly.com

#### 5-Day Glamorgan-Spring Bay Weather from Bureau of Meteorology ford/Trichterne

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7 °C	5°C	6 °C	7 °C	9 °C	10 °C	11 °C	12 °C	13 °C	14 °C		
		a contraction (		Contraction of	5 °C	2 °C	3 °C	3 °C	6 °C		

#### Coles Bay Swansea Wed. Thu. Fri. Tue. Wed. Thu. Fri. Tue. Sat. Sat. 10 Jul 6 Jul 8 Jul 6 Jul 7 Jul 8 Jul 9 Jul 10 Jul 7 Jul 9 Jul Partly Partly Partly Partly Possible Possible Shower or Shower or Shower or Shower or cloudy. shower. shower. two. cloudy. cloudy. two. two. two. cloudy. 11 °C 12 °C 13 °C 14 °C 14 °C 11 °C 12 °C 13 °C 13 °C 15 °C 6°C 3°C 4°C 6°C 8°C 5°C 2°C 3°C 4°C 7°C

Online in colour every week at www.gobcnews.weebly.com

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Medal

Medal winner Mitchel Baxter with sponsor Fran Dowling.