

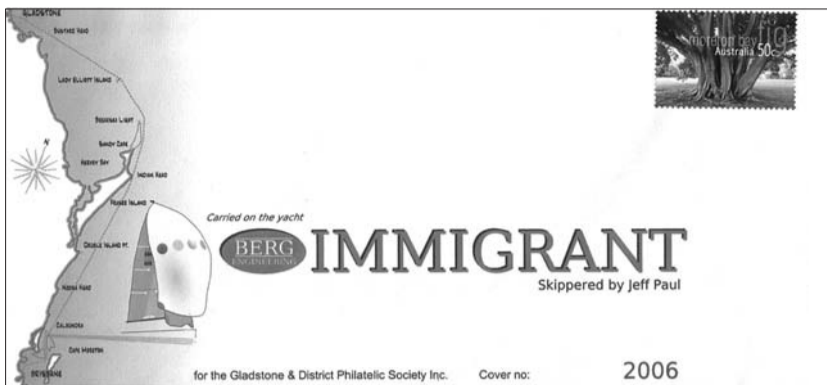
Stamp collections valued for free at annual show

Ever wanted your stamp collection valued?

If you are an avid collector or if you have an old stamp book hidden away in a cupboard somewhere the Gladstone and District Philatelic Society is giving you the opportunity to have your collection valued for free.

Brisbane based stamp expert Craig Chappell is offering a free valuation service at the Society's annual Stamp Show.

The annual event is being held in the Martin Hanson Building of the Central Queensland University on Easter



'Immigrant' is one of two Covers available at the Gladstone and District Philatelic Society's annual Stamp Show on Easter Saturday and Sunday at the CQU.

Saturday and Sunday from 9 am until 4 pm both days.

Mr Chappell will also have a range of philatelic material for sale.

Three other sellers will be in attendance

with worldwide catalogues of stamp collections.

This year the Club has two Covers in association with the Brisbane to Gladstone Yacht race.

Both the Covers for

'Immigrant' and 'Enchantress' can be ordered at the Stamp Show.

Admission to the Show is free.

For more details contact Ian Rippingale on 49781155.

RSL Homecare helps Flo live at home

More and more elderly people in the Gladstone region are making the decision to continue living in their own homes as they grow older.

Thanks to RSL Care's HomeCare, they are enabled to maintain their independence safely by being provided with vital assistance.

Local identity Flo Stewart has lived in her house in Gladstone since 1948 and has been able to stay at home for the last two years because of support from staff and volunteers at HomeCare.

Flo said she would never be able to manage without the ladies who help her with her shopping and cleaning.

"It's really marvellous to have someone to talk to, having someone you are sure to see has altered my life.

"I don't know what I'd do without them," she said.

Gladstone Community Care Coordinator, Josh Ariens, said volunteers are a vital part of the HomeCare service as they provide the elderly with valuable social interaction and assist with transport to appointments, shopping and errands.

No education or qualifications are required, all you need is the desire to meet some great people and assist the older members of our community.

Gladstone's busy HomeCare program is currently in need of volunteers.

For more information please contact Josh or Paula on 4972 5197 or 0437 330 145.

Orthodontists don't charge to 'Give a Smile'

More than 200 young Australians will have larger-than-life grins thanks to the generosity and expertise 'Give a Smile' orthodontists.

Instigated just one year ago by the Australian Society of Orthodontists (ASO) as a national health initiative Give a Smile provides pro bono orthodontic treatment to any Australian currently on the public dental health waiting list.

The orthodontist charges no fee for this treatment.

Each full course of treatment provided by the orthodontist takes approximately two years to complete and would typically cost around \$5-7,000 per patient.

Public waiting lists have been reduced by 10%, saving taxpayers more than \$1 million.

The Give a Smile program, conceptualised by Federal ASO President Dr Ted Crawford has proven so successful that already 53% of the ASO's 395 full members have signed up to donate their time and services.

Dr Crawford said he was thrilled with the overwhelming support received for the program by his fellow orthodontists and is proud of what the program has already achieved.

"The goal of Give a Smile is simple and heartfelt; it's to 'give a smile' both figuratively and literally to people in our community who face financial difficulties as well as having significant orthodontic needs," Dr Crawford said.

TAFE competition a gift to students

TAFE students and teachers are being invited to design a gift that represents Queensland to be included in the Government's corporate gift register and possibly win a share of \$8000.

According to Minister for Employment and Training, Tom Barton the gift would be given to high level dignitaries, international representatives, key decision makers, business people and delegations.

The competition's prize pool is estimated at \$8000, with the first prize being \$2000 and four \$500 highly commended prizes.

The student winner will also receive tailored business advice and access into a business development program that supports their needs, up to the value of \$2000.

Representatives from the Design Institute of Australia, the Australian Graphic Design Association, TAFE Queensland, the Department of the Premier and Cabinet and specialists in production and packaging will judge the competition.

"The current range of gifts includes such items as pens, cufflinks, ties, books, wood-turned pieces, bowls, vases, boxes, framed artworks and photographs, pewter objects, coasters, letter openers, and business card holders."

The competition closes on August 30 and will be held every year for the next three years.

For more information on the competition go to www.tafe.qld.gov.au

May we list your house to help others find their dream home



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Terry White Chemists Kin Kora & Gladstone Central

Head lice are equal opportunity insects!



Jeff McEvoy, Pharmacist at Terry White Chemists Kin Kora & Gladstone Central

How your Terry White Chemists® pharmacist can help

- Clean or dirty
- Long or short
- Rich or poor
- Straight or curly

Head lice really don't care what type of hair you have; they are clever creatures that will manage to find their way onto just about any head of hair.

What are head lice and how do you catch them?

Head lice are tiny, wingless insects that live only on the hair found on human heads and necks. The lice can't jump or fly, but they'll take any opportunity to crawl across from one head to another. This is easy to do where people sit close together (which is why children often pick them up at childcare, kindy or school).

How do I know we've got head lice?

Your first clue that someone in your family has head lice may be an itchy scalp, especially when you've been told that there is head lice at school. But lots of things can cause an itchy scalp and it's suggested that less than half of head lice cases cause itching. The only way you can be certain that someone has head lice is if you find live lice in their hair.

You can check dry hair by looking through a magnifying glass in an area with bright light or in the sun. Head lice are about 2-4 mm long and about 1 mm wide—about the size of a sesame seed. They vary from flesh colour to dark brown. They can be very hard to see on hair and may scurry away when disturbed. The eggs are a yellowy-white colour and about the size of a grain of salt. It's often easier to spot eggs than lice.

A more accurate way to check for lice is by using the wet combing method. You'll find this described simply and clearly at <http://www.dh.sa.gov.au/pehs/branches/headlice/headlice-factsheet.pdf>

What do I do next?

Fortunately, head lice are easy to treat.

Have a chat to your Terry White Chemists® staff about head lice treatments that customers are having success with at the moment and treat only those family members that have live lice in their hair.

Once you have bought a treatment, follow the instructions carefully, leaving the treatment on for the recommended time.

Even if you think that you've got rid of the lice, you must always repeat the same head lice treatment 7-10 days later. This is because not all eggs will be killed by the first treatment, meaning these eggs have a chance to hatch and continue the head lice cycle.

If there are still live lice remaining after the second treatment, ask your Terry White Chemists® staff to recommend another product that's based on a different active ingredient.

And by the way, it's perfectly normal for your scalp to start itching just because you're reading an article on head lice!

Our Terry White Chemists® pharmacist can advise you on the type of head lice treatment most suitable for your family's needs. Before using any head lice treatment, please let our pharmacist know if you are pregnant or breastfeeding, or planning to treat a child aged under 2 years.

Terry White Chemists® is a registered trademark of Symbion Pharmacy Services Pty Ltd, ABN 25 000 875 034



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Prop. D. Reid, J. McEvoy

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