

# A FOCAL POINT

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for  
Port Vincent Progress Association

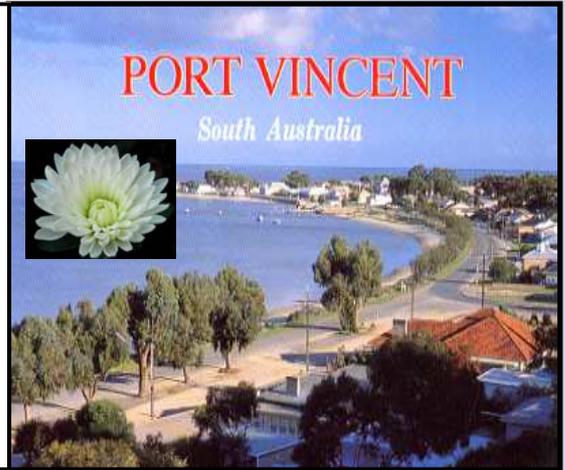
May 2019

Editor: Sue Hall

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## PROGRESS ASSOCIATION REPORT—MAY 2019

What a busy month April has been with school holidays, Easter and Anzac Day all in quick succession. It has been fabulous to see so many locals and visitors enjoying the last of the autumn weather. It won't be long and we will be lighting those fires and digging out the scarves!

It was great to see such a large attendance at the Anzac Day Dawn Service, which was hosted by the Port Vincent RSL. Well done to those involved in organizing this commemorative service.

The Port Vincent Progress Association is seeking community members to assist with the epic task of coordinating their biggest annual event, 'Gala Day 2020' ***Without community volunteers an event like this doesn't happen.*** If you are able to offer your assistance or skills in any way please contact the PVPA Secretary Pam Hickman at [portvincentprogress@gmail.com](mailto:portvincentprogress@gmail.com) or 0409 537 252.

We hope that you have been able to check out the newly refurbished community website:-  
[www.portvincent.org.au](http://www.portvincent.org.au)

Websites are an ongoing "work in progress" with maintenance and updates constantly required. If you have an event or relevant community information please email to the PVPA email address above, so that the information can be shared on the website, and also on our community social media platforms such as Facebook and Instagram. For some of our community members computers and the internet are a "strange new world". But technology is surging forward quickly, and we as a Progress Association certainly are trying our best to keep up with moving forward progressively, and this includes keeping up to date with what is the most effective way to keep the residents of Port Vincent and it's visitors in touch with what is happening within the town and the surrounding districts. Of course we still like to use the traditional flyer on the notice boards too!

Don't forget we have an Election Looming with Voting required on **Saturday 18<sup>th</sup> May** . You will be able to register your vote at the Port Vincent Senior Citizens Hall between **8am-6pm**.

The year really is passing us by very quickly! With EOFY only two months away. This means the Port Vincent Progress Association will be due for its AGM in July, and we will be open to new committee members to be elected.

***If you are someone who feels they can offer a positive influence or skill to the PVPA by joining as a committee member please consider coming along and nominating for a position.***

(AGM date is yet to be confirmed—more details in the June edition of A Focal Point).

**Michelle Twelftree—Chairperson Port Vincent Progress Association**

## Editor's Comments

With Mother's Day fast approaching I thought it might be an appropriate time to reflect on the history and meaning of Mother's Day. When researching I realised the parallels between our Anzac Day services and the celebrating of Mother's Day.

The modern Australian celebration of Mother's Day actually grew out of calls for peace and anti-war campaigns following the American Civil War (1861-65). But it was not until 1924, following the losses of World War I, that Mother's Day was first held in Australia. Sydney woman Janet Heyden started the tradition after becoming concerned for the lonely, forgotten aged mothers at Newington State Hospital where she regularly visited a friend.

A significant reason for the need to celebrate Mother's Day was that "***there were so many mothers who were no longer mothers, so many wives who were now widowed because of WW1, and there were also so many women who never had the prospect of becoming mothers or wives because a whole generation had been wiped out in the trenches of the Western Front***".

Today Mother's Day is a billion-dollar industry in Australia. However, I am sure that if you asked most mothers what they would like for Mother's Day they would prefer "spending time with their loved ones, rather than spending money". As a result, while Mother's Day initially began to promote peace and to support women, over the years it has become an occasion (in Australia) for family reunions .

"It's not just about recognising the role of mothers, though that's still there, but it's really recognising Mother's Day as a day in which families can get together. That's becoming increasingly important because in the busy world in which we live, families don't get together as much as they used to."

Mother's Day can be a sad time for those who have lost their mothers far too soon, due to illness or accident. But, it can also be a time of quiet reflection—when we remember the person who mothered us in our childhood—who rushed to our aid when we called their name (night or day), and guided us through the many stages of childhood and for the lucky ones, to adulthood.

*I will be forever grateful to be lucky enough to have experienced a mother's enduring love.*



**Sue Hall—Editor**

Acknowledgement to Penny Travers, ABC Radio Canberra for the above information: <https://www.abc.net.au/news/2017-05-13/history-of-mothers-day-from-civil-war-to-family-reunions/8517898>

### UPCOMING EVENTS: -

- Sunday 5th May Currumulka Farmers' Markets
- Thursday 23rd May—Biggest Morning Tea—see P.7
- Sunday 9th June Barley Stacks Winery Gourmet Day P.16

### Editor's Apology: -

I did promise to have an article from SA Ambulance in this month's edition. Unfortunately this article has been delayed, I hope to bring it to you next month.

### Editor's Note:-

There is no firm date as yet for Robbie's move from Edithburgh to Minlaton. The staff of Rowan Ramsey's office have been assisting Robbie's family, even ringing them after hours to keep them updated on progress. Hopefully it won't be long until Robbie returns to activities at Port Vincent —I have been advised that he is looking forward to seeing all his friends again!

### ARTICLES TO LOOK FOR IN THIS EDITION:

- Page 3—Preventative measures for your pets
- Page 4—Refurbishment of the War Memorial and Anzac Day
- Page 6—Port Vincent Golf Day a great success
- Page 8—Fishing Report from Rod at Pt Vincent Outdoors
- Page 10-U3AYP-still time to enrol for Balance & Bones course
- Page 11— Coastguard raffle winners
- Page 12—A "thank you" to Tidy Towns
- Page 13—Mercy Ships supporter speaks at Blue Bush
- Page 16—Tidy Towns receives a very generous donation
- Page 17—Local news from Fraser Ellis
- Page 19—Chiropractor Barry Steele's article on posture



Vet 2 You

## Preventative health measures for your dog



As a pet owner it is important to know what preventative health measures are required to keep your friend as healthy and happy as possible throughout their lives. With visitors and their pets frequenting the Yorke Peninsula there are some MUST HAVES as far as pet health care is concerned.

It is important that your dog is always up to date with its vaccinations, especially on the Yorke Peninsula where Parvovirus is present. There are 5 diseases you need to vaccinate your dog against. These diseases include Canine Parvovirus, Canine Distemper, Canine Hepatitis, Canine Parainfluenza Virus and Bordetella (Canine Cough).

Your dog needs a course of three vaccinations as a puppy then annually thereafter. There is now also an annual injection to prevent against heartworm which is contracted through mosquito bites. Don't distress if your pet has accidentally missed one of these vaccinations as we can get it up to date, all you need to do is call!

You will also need to worm your dog using an intestinal worming tablet every three months. The common intestinal worms which affect dogs are roundworm, hookworm, tapeworm and whipworm. You should also protect them from fleas with a monthly application on the back of their neck or a monthly tablet.

Although it is less common for people to travel with cats you should also keep your cat in tip top condition with an annual health check up and vaccinations as well as three-monthly worming and monthly flea treatment.

You can find out more information on these diseases by calling the Vet 2 You clinic on 8853 7273.



Ginny taking a bath!



An aerial view of the Remembrance Day Service—November 11th 2018—photo courtesy of Len Easter—Elder's Real Estate



# RSL REPORT—APRIL 2019



Hi All, following our great ANZAC Day Service, where we had around 400 people present on the day and 210 adults and about 22 children for the “Gunfire “ breakfast back at the RSL and Memorial Bowling Clubrooms, I thought it would be a good time to report what the RSL “Construction Crew” has been doing on Thursday mornings each week from about 0900 to 1200. We started to brighten the War Memorial up at the start of the year , you know a trim a , a splash of paint and it grew from there. First the cannon was lifted out and as you see below a retaining wall was installed, filling dropped in and levelled. Then the gun supports concreted in and artificial turf that was donated by a member, was laid where the gun would go. Mr. John Butfield again assisted by lifting the gun around



**Retaining wall and filling in**



**Dolomite levelled, supports installed and grass laid**

After a period of work days a sausage sizzle was had, especially if we had to continue for a while after lunch. The average day was about 5 to 6 hours. After that the bodies would quickly tire. So that was more a limiting factor than weather, except when the forecast was high 30 something. Then the order of the day was planning or work in the museum or start to prepare for our garden shed installation The shed was fitted in between the hot days and waiting for other jobs to be done at the Memorial before we moved on back to



**Lunch at last for the weary workers**



**All is in readiness for the service—Continued on Page 5**

(continued from Page 4)

The painting was done and the final clean up was conducted on Tuesday 23<sup>rd</sup> of April and the materials were moved to the places that they were to be on the day. ANZAC morning was black at 0545 when the first people and workers started to arrive to prepare for the march down to the memorial from the RSL & Bowling Clubrooms . At the memorial and on the roads, barriers were erected, flags set to half mast and the PA, wreaths and chairs laid out.

Once it was clear all jobs had an owner the music started, people arrived from the town and nearby areas. This year was a lot different as one of our city members brought his Landrover over together with his uniform, that hadn't shrunk in the wardrobe as they have for a lot of us. Vic Carter was a Warrant Officer in the RAAF. His grandson Nick drove the vehicle with Les O'Gorman as his side kick. The parade came down the road with the sun shining off of the paintwork and the Parade Marshal Peter Lehman calling the time. The salute at the War Memorial was taken by Graham Cowell (Past President) , and Trevor Clerke (Secretary) who the moved around to be the MC for the morning. The speaker was Councillor Jeff Cook.

The bugler this year again was Mr Ian Barton who did an excellent job. Wreaths were laid , the ODE and "stand to" was conducted , followed by a poem by Jeff Cook about the ANZAC's. Following the National Anthems of New Zealand and Australia , the service was concluded by extending thanks to all who helped prior to, on the day, and especially the Bowling Club members who were cooking the breakfast.

***The members and committee of the RSL were indeed pleased with the rollout to the service and I extend their thanks to all.***

***Trevor Clerke, Secretary***





**Above:** Ex Servicemen and tributes at the War Memorial

**Below:** A great crowd at the Gunfire breakfast.



## PORT VINCENT GOLF CLUB INC

After a long summer break Port Vincent Golf Club held their Opening Day on 13th April, 2019. The greens were brown, no rain from Spring to Summer, although our Greenkeeper did a great job preparing for the Opening. The ladies did a wonderful job of cleaning inside the golf club. With everything spick and span a great day was planned.

Everyone arrived, tea and coffee waiting, the bar was open while we prepared to have a great day, of which we did.

Lunch was great everyone enjoyed and then it was time for the first ball to be hit off by Eddie Kadlecek, our Club Person of the Year for 2018. An action shot of Eddie appears below. Everyone then went off to play 9 hole Ambrose.

*A great day, a big thank you to all who helped make our day a memorable one.*

Sue Pike



THE PENINSULAS  
**BARLEY STACKS WINES**

### Annual Gourmet Day

**Sunday, 9<sup>th</sup> June, 1pm-8pm**  
**LIVE ENTERTAINMENT BY LOST & FOUND**  
 Fine wines, beer and cider  
 Gourmet food by local suppliers  
 Door prizes and Wine auction  
 (all proceeds to a local charity)

**General Admission tickets - \$12**  
 includes complimentary glass or stubby holder  
 and entry into the Door Prize  
**Reserved seating tickets - \$22**  
 Children under 18 General Admission **FREE**

Book online or contact the Cellar Door  
 Ph: 08 88341258  
[www.barleystackswines.com](http://www.barleystackswines.com)

When booking please register your interest for bus transfers

*\*Please note: No tickets will be held without payment.  
 Refunds available until Friday the 31st of May*



*PORT VINCENT RSL SUB BRANCH  
is once again hosting*

***THE BIGGEST MORNING TEA  
PORT VINCENT MEMORIAL BOWLING CLUB  
ON THURSDAY 23TH MAY 2019  
AT 10.00AM***

*Come along and enjoy the morning with lots of yummy food and  
raffles to support the Cancer Council*

*All proceeds are donated to the  
Cancer Council to aid cancer  
research*



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## PORT VINCENT FISHING REPORT—MARCH AND APRIL 2019

March and April has seen a slow transition from summer to winter fishing.

While snook and garfish were still plentiful, we started seeing good catches of whiting and even some snapper being landed by boat crews.

Squid have finally started biting again which has been great for the family getaway these holidays. Though always slow during the summer when there are lots of crab, squid provide great entertainment for the whole family and not too bad on the plate either. These catches will remain this way for the coming months.

Crab catches have definitely slowed late into April, though there are some still to be caught, but you're going to need a decent boat to get to them.

Tommies have come on the bite in the last couple of weeks at the usual locations like the wharf and marina at night. Boat crews are also catching plenty on the right day.

Smokers are running hot with salmon trout and salmon up to 1kilo being landed from the breakwater!

For those who have been speculating regarding the future of Port Vincent Outdoors, take it from the horse's mouth!

Port Vincent Outdoors will be closing through winter. We may remain open until the June long weekend. ***The building is for sale, the business is not for sale unless the right person comes along with lots of money!***

*Two scenarios are at hand.*

I need to have a very large back operation, in fact it is a 12 hour operation replacing 3 discs that may keep me off my feet for 12 months while I learn to walk again. When this operation happens will be dictated by the sale of the building.

We also intend moving to a "tree change". We own many race & ex race horses and are now officially recognised as *Australian Thoroughbred race horse breeders*, breeding horses for the purpose of selling yearlings (young horses) as a business.

As this can be done from a wheelchair if need be, it is our intended future.

Rod & Beth  
 R&B Bloodstock

**Right: "Easter fishers" having a wonderful family time on the breakwater!**





## THE SOUTH AUSTRALIAN COUNTRY WOMEN'S ASSOCIATION INC

Following the very successful hosting of the March SACWA State Council, which brought over 150 visitors to town to boost the local economy, and the annual April road trip, this time to Port Adelaide and the Maritime Museum, it will be back to business for the Port Vincent Branch of SACWA when they hold their May meeting on Thursday 9 May.

With Mothers' Day rapidly approaching, the theme of the day will be "Mother", Roll Call being 'A story about your mother' and Show and Tell, 'A photo of your mother'. There will also be a lot of business to catch up on and plans to be made for the end of the SACWA year in June and the Annual Branch meeting in July.

The pancake and baked goods stall on Easter Sunday was most successful, selling out of all stock by 2.30 pm. It was good to see repeat customers among the visitors to the town for the long weekend, as well as locals. The pancakes are good and the home made cakes, biscuits and savouries were sought after! (and there weren't many scones among the produce available).

The next State Council will be held at the Royal Coach Motel, Dequetteville Terrace, Adelaide on 14 and 15 June, and the Spencer Group Annual Meeting on 12 August at Ardrossan.

Donations to the SACWA Emergency Fund for those in need in South Australia – especially farmers who are affected by the extended dry season – are still being accepted and are tax deductible. Details can be found on the SACWA website: [www.sacwa.org.au](http://www.sacwa.org.au).

In SACWA it's all happening!

***Guests and prospective new members are welcome at Port Vincent Branch monthly meetings at the Senior Citizens hall on the second Thursday of the month, starting at 1.30 pm.***

**Please contact:-**

President, Kathleen Smith on 0428 746 018 or  
Secretary, Helen Joraslafsky on 0419 001 420  
for more information.

**Right: The Easter pancake and baked goods stall was a great success.**





## U3AYP NEWS

U3AYP once again has had a very busy and rewarding start to the year and promises to continue in this way into Term 2! What an enthusiastic response there has been from the community to the commencement of the game of Mah Jong taking place in Port Vincent. I recently attended an introductory session and it was very pleasing to see so many interested new members. As well as it being a great learning day a lot of fun and laughter was included!

### Mah Jong

Another workshop for beginners will be held in the Port Vincent Institute on Friday May 3<sup>rd</sup> for U3AYP financial members. If you are interested in this excellent game and as yet are not a U3AYP member, please contact Helen Tucker on 88322381 for the special registration form. The cost for this special registration is \$15 and will take your membership up to June 30<sup>th</sup>. Membership fees must always be paid for prior to attending any courses as insurance guidelines require this.

### Balance & Bones

Interest has also been shown in the course "Balance & Bones". This course is for people aged 50 and over and will assist with maintaining Balance and Coordination. Every participant will have a chair, there are no floor positions, and everyone can work at their own pace. At the present time there are not quite enough interested to run this course in Port Vincent, but hopefully on reading this article more will be encouraged to join this excellent program. Balance & Bones has been set up by a physiotherapist and instructions come via a DVD and ends with an excellent relaxation segment.

*Remember you can do both courses and it would still only cost you \$15 – a bargain for your health – physical, mental and social!*

*We encourage Port Vincent community members who wish to be involved to contact Helen on 8832 2381 or Julie on 0438 322 451.*

Further information about U3AYP is always available by phoning any of the following members.  
Joyce 0427 792 271; Irene 0429 805 901; Sue 0429 670 738 or Helen 08 8832 2381.

In closing, just a reminder Term 2 begins again on 29<sup>th</sup> April 2019 and ends on 5<sup>th</sup> July.

U3AYP WEBSITE: [u3ayp@wordpress.com](mailto:u3ayp@wordpress.com)

*Sue Mulraney,  
U3AYP Publicity Officer*





2 Assists:-

1. SAF10 called to assist boat (5 pob) North of Golf Course, 600 metres off shore. Seahound and 2 crew despatched, located boat and towed in to marina.
2. Call from boat North of Stansbury (2 pob) "out of fuel". CG362 and 2 crew despatched, located and towed boat in.

PVSC sailing season races ended on 14<sup>th</sup> April, and so CG SAF10 ceased yacht safety patrols accordingly. It had been a good training medium for members on both vessels "Orontes Star" and "Seahound" during a very entertaining sailing season, without any major mishaps.

The Easter Auction held by Coast Guard SAF10 was quite successful and we wish to thank all donors of new items and also the happy crowd who attended and bid so enthusiastically. Our Auctioneer, Murray Smith kept items moving smoothly and all 50 items went "under the hammer".

The "New Boat" Committee has met 3 times ( twice recently )as we plan and select the rescue vessel and all options to serve us well for the next 15 years in Gulf St Vincent. All being well, we should see our new boat ready to commence service by the end of year. The new vessel will replace our ageing "Orontes Star" who has served us well over the past 15 years (1550 engine hours).

Coast Guard SAF10 would like to thank all contributors to our raffle prizes, it is very much appreciated.

- |   |          |                                      |
|---|----------|--------------------------------------|
| 1 <sup>st</sup> Painting by Jan Thomson       | - GREY   | L 65: BILL (at Marina Berth)         |
| 2 <sup>nd</sup> Voucher from "Gifts" \$50     | - PURPLE | S 57 : PAM (Holidaying)              |
| 3 <sup>rd</sup> Voucher PV Quality Meats \$40 | - PURPLE | S 86 : BRENDON S (Holidaying)        |
| 4 <sup>th</sup> Beach shade PV Hardware       | - PURPLE | N 06: HEATHER BENGEN (Tanunda)       |
| 5 <sup>th</sup> 2 Wines anonymous             | - GREY   | R 18: JEANETTE HOLMES (Port Vincent) |
| 6 <sup>th</sup> Painting donated by Crockers  | - YELLOW | F 31: J. & M. MAC (Adelaide)         |

Yours in Safe Boating,

*Bill Taylor,  
SAF10 Advisor*

*22<sup>nd</sup> April 2019*

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### **A BIG THANK YOU TO THE PORT VINCENT TIDY TOWN MEMBERS**



Late last year the SA Electricity Authority were checking the stobie poles in the town, and as the pole nearest to my mum's home was covered in ivy I asked if they would prefer us to remove it. It had been there since before my parents Norman and Phyl Clayton moved into the house. Dad always kept it neatly trimmed and Patrick and I have continued since his passing. We chopped it back it to reveal the huge stump then drilled and poisoned to the best of our ability. I called Des Chambers and asked if Tidy Towns could keep an eye on it to ensure, as it died off, it didn't fall onto the road. We explained to Des we were returning home to Canberra, and planned to remove the rest in 6 weeks on our next visit to Mum.

### **TIDY TOWNS TO OUR RESCUE**

We certainly didn't expect it but were so pleasantly surprised to see the results of the removal. Below are the before and after photos. The Ivy had been there for over 30 years and it was wired to the pole and the removal was a big job. *Thank you Des and Tidy Towns wonderful workers we are extremely grateful.*

**Another indication of the kindness of the local folk of Port Vincent.**



Phyl Clayton, Kaye and Patrick Britten

## BLUE BUSH NOTES

16 members and 5 visitors attended our meeting on March 25 at the Senior Citizens Hall. Members sang the Greeting Song, and with cuppas in hand a meeting got underway. After minutes were read, suggestion sheets were handed out to members. Our Mother's Day raffle is coming along nicely, with some very lovely donations. **Thanks Members.** Muriel gave out books of 10 tickets for members to either buy or sell. Thanks goes to Muriel for all her organisation. The club would like to draw the raffle before Mother's Day, and because our next meeting falls on Easter Monday it was decided to hold our next meeting on Monday, April 29th. Members were asked to think about where to go for our club's Mother's Day lunch.

Next meeting was on April 8 and members lunched on fish and chips from the local deli. Our guest speaker Colin Sutton was introduced. Colin has volunteered on the "Mercy Ships" as an electrician. *Mercy Ships* is a Christian missionary organisation and delivers life changing surgical and medical care. Over 5 billion people lack access to safe surgical and medical care, and as a result more than 17 million die each year. Each year more than 1200 volunteers from over 40 nations serve with *Mercy Ships* to help treat patients "free of charge" with no regard to religion, race or gender. Colin spoke about his role as an electrician, fixing anything from washing machines to the highly technical radar system. Members listened intently as he talked and provided lots of footage on how the sick are treated and lots of before and after pictures of the sick and maimed. Members thanked Colin for his inspiring and informative talk. Members lunched on mornays cooked by Joan, Sue, Geraldine and Jane. As always a beautiful birthday sponge was enjoyed by all to celebrate three birthdays - Phyl C, Joy and Jenny P. Flower sprays and handmade cards were given to the birthday trio and all were made and provided by Jeanette. *Thanks always to Jeanette for making birthdays at our club something special.*

12 members and five visitors attended the meeting on April 8th and new member Margaret W was welcomed by all. We sang our Greeting Song and minutes were read. Members did a few stretching exercises seated at the table. It was great to see Eva at our meeting. Eva now lives at Minlaton Nursing Home. Muriel addressed the meeting about the Mother's Day raffle and the first prize was available for all to see. What a fabulous array of goodies to pamper Mother on her special day. Thanks to all members who donated. And a big thank you to Muriel for all her hard work to get this raffle up and running. The raffle will be drawn next meeting on April 29th. Members were asked to bring along a plate of lunch to share for this meeting and also their favourite recipe to share between one another. A fish and chip lunch with salads was enjoyed by all. A beautifully decorated and yummy tasting birthday sponge was a treat for dessert to celebrate birthday girls, Shirley and Marilyn's special days. Thanks goes to Jeanette for the great cake. Posies and handmade signed cards by members were an added treat for the birthday duo.

***Please note - we would love to see new members at our club which meets every second and fourth Monday of the month at the Institute. Hope to see you there soon.***



Far Left: Jenny, Phyl and Joy celebrated their birthdays in March.

Left: Colin Sutton talking about Mercy ships.

# ST NEOT'S ANGLICAN CHURCH

(Ministry District of Lower Yorke Peninsula)

The forecast was for early morning showers and that's what we got Easter Sunday morning at 6:30, but it did not dampen the enthusiasm of the 35 who bravely attended under the BBQ shelter for the service. It was followed by a lovely breakfast of Eggs/Bacon/Muffins and 3 varieties of fruit juice. It turned out a great gathering and a great start to a new born day. It has been 90 years since the Royal Yacht Squadron has joined St. Neots for the Easter Morning Service. It is also their 150 years celebration of Royal Yacht Squadron in South Australia.

Was good trade at Trash/Treasure and plenty of goods still coming in and the winter stock is starting to appear as the days begin to cool. Muriel Bartley will be retiring after this Easter and we welcome Jude Clayton to help Helen Wilden behind the scenes. We will celebrate (in May) Muriel's tireless commitment to Trash/Treasure over a number of years with a luncheon at Yorke Hotel with her fellow work mates. After the June weekend Trash /Treasure will go to fortnightly trade, so watch this space in the June edition for more details.

St. Neots has had Laidlaw White Ants work on placing a white ant barrier on the outside perimeter of the church,. Although no white ants have been found in the church it was felt it best to safeguard the building as they have been found in the fence (as per the article on our Community Garden update on Page 12).

## CHURCH DATES IN MAY:-

12th.....11am.....MORNING PRAYER.....with Pam..

26th.....11am.....HOLY COMMUNION ....with Fr Andrew Lang

Happy Mother's Day to all the Mums, Nanas, Grandmothers.



## MOTHER

-----  
**The spirit of home is Mother  
The charm of her love is there.  
One knows the joy of her presence And her ever tender care.  
Friendships will sometimes vary.  
The old changed for the new.  
But always the same dear Mother Will gladden a lifetime through!**

**Pam Biggs**



**Port Vincent Church**  
**Main Street**  
**Port Vincent**

WORSHIP SERVICES

Every Sunday at 10.00am  
 ALL WELCOME

Speakers: May 2019

- 5 Peter McPharlin - HC
- 12 Congregation
- 19 Max Pannell
- 26 Roger McCauley

BIBLE STUDY

Will resume on 7<sup>th</sup> May  
 Tuesdays at 2pm.  
 Everyone welcome.

CALL TO PRAYER

Every Friday at 9am in the church.  
 Everyone welcome.

THE DROP-IN CENTRE

Welcome all to call in on Wednesdays and Fridays from 10 am - 12 noon for a cuppa, a chat and a browse. There are lots of bargains, a variety of goods and at a very good price.

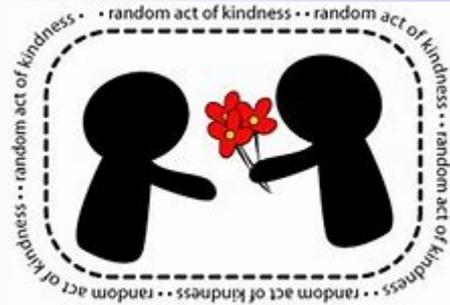
**The Drop-in will be open on the last Saturday in May (25<sup>th</sup>), then not open again on a Saturday until the last Saturday in September (28<sup>th</sup>).**

ADULT FELLOWSHIP

The next meeting will be on 22<sup>nd</sup> May when we will visit the Port Vincent Museum with Trevor Clerke.

THE SEWING GROUP

Meets every Friday from 10am -12 noon.  
 There is a display of their work which is for sale. Funds raised will be sent to Uganda for the "Support-a-Teacher" Project.



A HEART OF KINDNESS

Give me understanding, enough to make me kind. So I may judge all people with my heart and not my mind.

*"He will judge your people in righteousness."*

*Psalm 72:2.*

Today evaluate the critical remarks that come your way. Sort, keep what helps, and throw the rest away.



\*\*\*\*\*

The Port Vincent Fellowship and knitting group are looking for 4ply knitting/crochet yarn. We have a project to knit bandages for the Leprosy Association and this is the yarn required as it can be boiled.



**Colour doesn't matter .**

If you have any hiding in the back of your cupboard contact Janice on 0418 374 420 or call into the drop-in any Wednesday or Friday morning.

Thanks Janice

## Tidy Towns Focal Point Report

April has seen the Group still very busy in the recycling area with the combination of Easter and Anzac Day occurring in the same week, and I'm sure many holiday makers took the opportunity to take the extra days off during the week.

I mentioned last issue that we had surpassed some records but this month was by far the busiest ever with us crushing 1 ton of wine bottles (approx. 800) in one morning and we also sent over 10,000 deposit items to Stansbury during that week. *A great effort from the team.* The only grumble I heard during this period was the amount of rubbish and food scraps deposited in our clearly marked recycling bins.

The council has installed the post and rail fencing in certain areas of Bennett Park and the Oval and it has certainly lifted the appearance of these areas.

We have also been given the contract to deliver phone books in the Pt Vincent and Stansbury townships and delivery will be hopefully be completed by the end of the month. We also received a note from a group of children who holiday on Marine Parade who set up a lemonade stall, collected \$19.80, and decided to donate it to Tidy Towns (please see their letter below), and it certainly lifted the members' spirits.

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Dear Sir/Madam,

We raised \$19.80c by holding a stall. We think you do a really good job at keeping port Vincent tidy. We always don't want to leave it is probably because of how tidy it is. You have earned this money we ~~try~~ to raise \$20 but we got 30c off.

Yours Sincerely

Stall holders.

Tom

Annabelle Cay Molly.W  
Eliza + Grace Daisy Riley  
Kelley.k Jessie Harvey  
Mitchell



## Narungga April Update

It has been a busy few weeks with separate visits to the electorate from Minister for Transport the Hon. Stephan Knoll, Minister for Skills and Training the Hon. David Pisoni MP, Minister for Human Services the Hon. Michelle Lensink MLC, Speaker of the House of Assembly the Hon. Vincent Tarzia MP, and last Tuesday, 16 April, from Premier Steven Marshall.

The Premier and I were pleased to visit Point Pearce, along with Federal Member for Grey, Rowan Ramsey, to announce a combined almost \$4 million of Federal and State Government funding to rejuvenate Wardang Island and provide economic, recreational and cultural opportunities for the Indigenous population.

The Federal Government is to provide \$2.66 million for asbestos removal on the island and, with the support of a grant, the Aboriginal Lands Trust has purchased a barge which will provide ongoing access to the Island.

Premier Marshall announced the State Government is supporting the Island's rejuvenation by providing \$1.3 million for a new boat landing facility, an announcement that was warmly received by all who had gathered in the Point Pearce community hall, including representatives from the local community, and Aboriginal Lands Trust, the Point Pearce Aboriginal Corporation and the Narungga Nation Aboriginal Corporation.

Substantial asbestos contamination exists on a dozen or more buildings on the Island, and the removal of the asbestos is expected to open up new economic opportunities for local Aboriginal communities, including tourism potential. Wardang Island is SA's second largest island and has at least 13 known shipwrecks in the area, eight of which form the Wardang Island Heritage Trail.

I was pleased over Easter that the Marshall Liberal Government announced its decision to re-open in May some local areas for King George Whiting fishing this year, after reviewing the latest science and listening to commercial and recreational fishers.

An extra 4,100 square kilometres of fishing grounds will be opened up, including areas such as Corny Point and Pondalowie Bay, changes which are expected to relieve pressure fishers experienced off key launch sites last year such as at Edithburgh and Port Victoria. For full details of closures visit :-

[www.pir.sa.gov.au/kgw-limits](http://www.pir.sa.gov.au/kgw-limits)

The recent cooler weather has sparked interest in flu vaccinations, as have reports SA has had the highest number of cases for this time of year in more than 10 years. Minister for Health and Wellbeing the Hon. Stephen Wade MLC has brought forward the distribution of free flu vaccines, which are now available for people aged 65 years and over, children under five years, Aboriginal and Torres Strait Islander people aged six months and older, pregnant women, and people with certain medical conditions.

***Please contact your GP or pharmacist for further information.***

## ST NEOTS' COMMUNITY GARDEN



Our fundraising efforts have been successful, thank you to everyone who has helped us. Shortly the ugly fence between VIO and St Neot's will be taken down and we will start building 2 garden beds.

So watch this space....

*If you would like to donate your time and energy please give Pam or Bob Biggs a call on 8853 7340 so that we can organise a working bee.*

We have 2 raised garden beds to start off our garden but if you would like to donate \$100 to another bed, we will be able to put your name on the bed, or perhaps you would like to dedicate a garden bed to a loved one who has passed?

We are looking at pavers to go around the beds, and perhaps a paver could be bought in memory of a loved one?

This is all very exciting and we are looking forward to producing a beautiful space that our community can enjoy.



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## Why so static?

**It's not just the load that can be an issue when talking about back pain. Sustained or static postures can aggravate back problems (not simply lifting) and result in back pain.**

In static postures, the nerve receptors are quietened, there is less information to pass back to our brains which search for more trivial information. Smaller information such as strain, pain or tension is then magnified in the absence of more proprioceptive information which occurs with movement.

Our brains then believe this more trivial information is our true condition and react accordingly.

In order to reduce the effects of sustained or static postures (including sitting), regular breaks with gentle movement is recommended. These posture breaks allow the nerves to fire, blood to flow, muscles and joints to move. If pain is present or movement is difficult get a chiropractic appointment to have the problem accurately assessed.

It's important to remember that the spine should move within its normal pain free range of motion occasionally to prepare the body for the normal daily functions we perform.

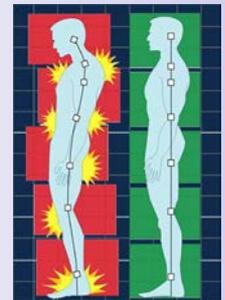
While it is important to consider our posture, (upright, head up, shoulders not rounded) it's also important to consider frequency of movement. Infrequent or occasional activity has been shown to cause more back pain compared to more consistent, heavier work. One explanation is poorer work methods. Another, is workers go from a sedentary or non laborious role to lifting without allowing the body to prepare for work and adapt to the work demands of lifting. 'The Weekend Warrior'.

### What is?

**Sustained postures:** a general posture or force held for more than 30 seconds at a time.

**Static postures:** holding the same posture or position.

## Move well



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# COMMUNITY INFORMATION

**MONDAY :** **Blue Bush Club**-Institute Supper Room  
2nd & 4th Monday of each month 9.45am,  
Lunch provided.  
**RSL Meeting** - in RSL room at the  
Memorial Bowling Club  
2pm on 4th Monday of each month.

**TUESDAY :** **Tidy Towns** working bees 8:30am-12noon  
**Ladies' Golf** (Winter)  
**Senior Citizens** each week 1:30pm  
BBQ lunch 1st Tuesday of the month  
12:30pm February-December.  
**Doctor** in Senior Citizens Hall 10am—  
4.30pm each week  
**Craft/Patchwork**—1b Ramsay Street

**WEDNESDAY :**  
**Progress Assn meeting** at 7.30pm on 1st  
Wednesday of each month  
**Men's Golf** (Winter)  
**Men's Bowls** (Summer)  
**Uniting Church Drop-in Centre** 10am-12noon  
**Uniting Church Ladies Fellowship** 4th  
Wed. in month in Church Hall 2:00 pm.  
(Except January)

**THURSDAY :** **Ladies' Bowls** (Summer)  
**Meals on Wheels** delivery  
**Coast Guard Flotilla** Meetings 3rd Thurs  
**CWA** 2nd in month 1:30pm in Snr Cits Hall

**FRIDAY :** **Uniting Church Drop-in Centre** 10am- 12noon  
**Library** 9.30-11.30am In Institute  
**Podiatrist** in Dr's rooms, Senior Cits hall  
1st Friday of each month

**SATURDAY :** **Men's Golf** (Winter)  
**Open Gender Bowls** (Summer)  
**Coast Guard Training** 1st Sat in month 9am  
**St Neot's Trash'n'Treasure** 9:30am-12:30am

**SUNDAY :** **Uniting Church** 10:00am  
**St Neot's**—see church door  
**Sailing** (Summer) 2pm-5.30pm

*If the time, day or venue for your meetings has changed, or if your club etc has ceased to meet, this page will need to be updated so please advise the Editor:*

**Email: [afocalpoint2@gmail.com](mailto:afocalpoint2@gmail.com) or 0413 057 992**

## BUS SERVICE

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## PORT VINCENT JUSTICES OF THE PEACE

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Ms K. Hill	8853 7020
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