

PORT VINCENT — South Australia



PROGRESS ASSOCIATION REPORT— MARCH 2020

Well its March already!!! Crazy to believe we are into the third month of the year already...

Firstly, I would like to congratulate the nominees and recipients in the Yorke Peninsula Council Australian of the Year Awards.

Also, congratulations to Chelsea Biddell, daughter of Shane & Louise Biddell, for her selection in the AFLW – Adelaide Crows side .

It is wonderful to see the achievements of some our local Port Vincent residents.

Your Progress Association is looking forward to 2020—with several projects happening over the coming months. These include the salt damp repairs to the Port Vincent Institute, which are due to commence mid-March. If all goes well, a new kitchen will be installed, hopefully in late April.

Please note that due to these renovations only the Main Hall will be available for use for the period March – May

We are very pleased to see this much needed upgrade start to come together thanks to the hard work of your Port Vincent Progress Association committee members.

The PVPA plan to continue to work on other projects, grant applications & fundraising throughout this year to assist with achieving community projects that require funding.

If you are able to assist with any of our fundraisers, or if you are experienced in grant applications, we would be very grateful if you could offer your time and/or expertise. Please contact the PVPA portvincentprogress@gmail.com

Also, if you have any ideas, suggestions, feedback or concerns please contact the PVPA :-

Secretary	portvincentprogress@gmail.com
President / Vice	pvpapresident@gmail.com
Treasurer	pvpatownoffice@gmail.com
Community Events	pvpaevents@gmail.com

Michelle Twelftree—Chairperson Port Vincent Progress Association

Editor's Comments

This month's *A Focal Point* has varied and interesting articles—I hope you enjoy reading them as much as I did!

An update regarding Progress Association's application for a left turn/deceleration lane for southbound vehicles turning from the St Vincent Highway into Lime Kiln Road— (similar to that constructed at Price). A letter has been sent to the local council advising of the urgent need for this turn left lane due to safety concerns. This will be followed up with letters to both the Transport Minister, Stefan Knoll, and our local state member, Fraser Ellis. Letters of Support have been received from most of our community groups. If you would like to offer your support please email me at afocalpoint2@gmail.com

Sue Hall— Editor

Tidy Towns A Focal Point Report – March 2020 Issue

Now that the festive season is behind us we have taken some time to reflect on our activities over the last couple of months, and *we feel that our members are in need of some help.*

We were heavily involved in assisting on Gala Day, with several members spending a great part of their day at the foreshore, ensuring the area was kept clean and tidy, and our efforts were acknowledged, and we are thankful for that. However, there are some tasks that we perform where we believe we should have some **assistance from other community groups**. We have had one member clean the electric BBQ's around the town a total of 92 times (1 a day on average) since 2/12/19. This is not a five minute job, so yes we do need some help! You may ask why I mention this, but on the plaque at the wharf BBQ it mentions several groups who have provided the facilities, but none have offered to provide assistance for their maintenance. I suppose if you don't ask you don't get *so we will be asking.*

On a more positive note the recycling area has again been very busy and our recycled numbers are very similar to last years. The crushed glass figures for the last 12 months show that we handled 22 ton of glass (mainly wine bottles which would be over14,000 bottles). We are about to embark on another round of calici virus bait laying as the rabbit population seems to have made a comeback in certain areas around the town. ***If you have any rabbit issues in your area please contact me at rabbisatptvincent@gmail.com*** or place your area on the list I will put at the Post Office, and I will follow up.

Finally, Alan Jones , the author of the book "Port Vincent Shipping Port to Pleasure Resort", written in 1994 is going to update it to the present time and has asked Tidy Town's to provide some information on our Group's activities for the update. Ron Trinne has kindly offered to provide some information and I'm sure other members of the Group will also be asked to contribute.

Des Chambers—Secretary

UPCOMING EVENTS— MARCH 2020 AND BEYOND: -

1st March	— Curramulka Farmer's Market
7th March	— Stansbury Seaside Markets
7th-9th March	— Port Vincent Sailing Club Races
15th March	— Port Vincent Sailing Club—Club Races
22nd March	— Port Vincent Sailing Club—Club Races
28th March	— Curramulka Speed Shear
29th March	— Port Vincent Sailing Club—Club Races
5th April	— Curramulka Farmer's Market
5th April	— Port Vincent Sailing Club—Club Races
11th April	— Stansbury Seaside Markets
12th April	— SACWA Easter Pancake Stall on the Wharf (Page 10)
19th April	— Port Vincent Sailing Club—Club Races

ARTICLES TO LOOK FOR IN THIS EDITION:

Page 3	— Water Tower Mural Update
Pages 6	— Fishing Report
Page 7	— PV Sailing Club Report
Page 7	— Become "Scam Smart" - free course at SYP Hub
Page 8	— Feel your best—eat well, exercise regularly
Page 9	— Your Coast Guard working for you
Page 10	— Volunteers needed at the Visitor Info Office
Page 10	— SACWA Port Vincent Branch news
Page 11	— Minlaton District School receives Govt funding
Page 12	— Bluebush Club would love you to join
Page 14	— Seizures in Dogs
Page 17	— St Neot's Garden Update

Port Vincent SA Water Tower Mural update

The process of creating a Mural that reflects the coastal, farming and family life of the Port Vincent community is **moving forward**. The Project Team has moved from the research phase and is now officially a Sub-Committee of the Port Vincent Progress Association, which is important for formal pathways for Arts related grants funds and to ensure all Volunteers are covered by insurance as the process progresses.

Thank you to Michelle Twelftree and the Progress Association Committee Members representing the Community for their ongoing support for this Public Art initiative for Port Vincent.

Letters of support from Sporting and Community Groups are coming in thick and fast, and are of huge importance in the process of applying for Arts related Grants. As well, the ongoing positive and supportive Community Feedback, mostly via conversations in the 'Main Street', has been much appreciated. ***As are your ideas and offers of support.***

We are starting to get interest for 'spotters' during the painting process, to watch out for the artists when they are up 20 metres high on the scissor lift. So, if you are interested in sitting at the base of the Tower, keeping an eye out for the safety of the artists while they are painting for a few hours at a time we would love to hear from you. This voluntary role will be lots of fun, and something to tell the Grandkids about. *So please reach out to the Water Tower Mural Committee to register your interest.*

Members of the Port Vincent Water Tower Mural Sub Committee (Sub-Committee of the Port Vincent Progress Association), with formal nominations to be confirmed in early March are:

Julie Adams (PVPA Member) Jan Le Feuvre (PVPA Member) Sue Hall (PVPA Member) Greg Hall (PVPA Member)
Doug Le Feuvre Linda McCabe Julie Searle Jan Thomson Grant Trotter

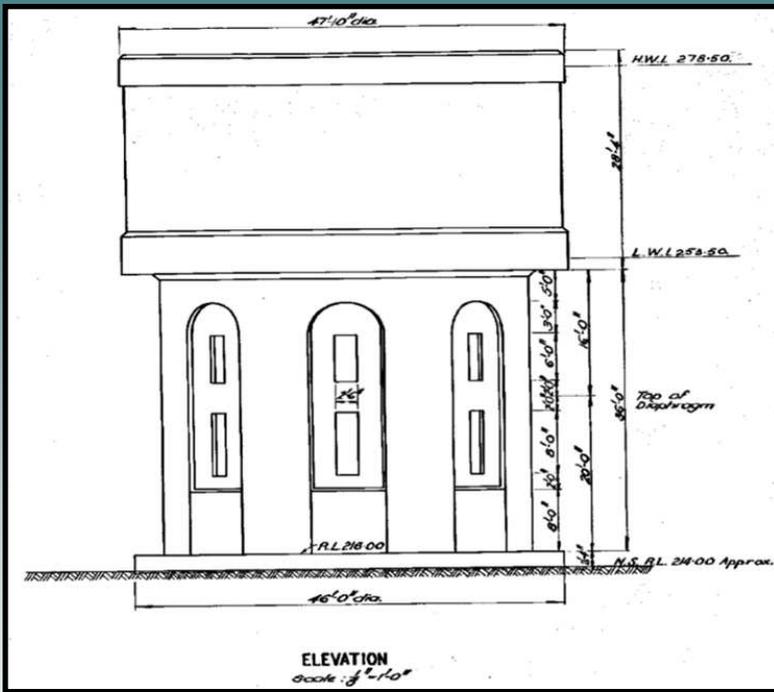
Timelines have been pushed out to early in the new financial year for the operational / painting phase, as we were not able to secure grant funding in time to commence in May / June. However, SA Water has committed to 'roll over' the offer of the \$10,000 grant towards the total cost. ***These funds will go towards the Artist Brief and the commencement of the painting.***

Members of the Port Vincent Community have offered and are approaching us to make donations to this project – we can now accept any voluntary donations via the Port Vincent Progress Association – please reach out to Sue Hall on 0413 057 992 for details.

If you have any queries, questions, or would like to be involved in the process, we would love to hear from you—either email Sue Hall on afocalpoint2@gmail.com, or ring her on 0413 057 992. Any member of the committee would also be pleased to hear from you.

Linda McCabe—on behalf of the Port Vincent Water Tower Mural Sub-Committee

[See next page for some amazing diagrams!](#)



Above: Port Vincent's iconic water tower plans.

Can you help? We are looking for some stories and photos at the time of the building of the Port Vincent Water Tower – SA Water's Archive Department has many images of Water Towers from across South Australia – but not Port Vincent's Tower! The Tower was built In 1961 – it is the ripe old age of 59!

To have some images / stories about the building of the Tower would be wonderful....

The above diagram is one of a few original images that are still in existence – note the measurements are in feet and inches !!

Port Vincent Water Tower—An amazing and unique design

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Winter is on



It's going to be cold!

Fashion Show

Come and join us to welcome our new season winter clothes
at the Port Vincent Institute on
2nd April 2020

Doors open at 1.30pm and parade starts at 2.30pm

Tick-

ets are

\$10.00 each and will be available at the door.

Price includes entry, afternoon tea and entry for door prize!

20% of all sales to go to the Port Vincent CFS

Port Vincent Institute Hall
19 Marine Parade
Port Vincent

An advertisement for 'Gifts Port Vincent' featuring a beach scene with a basket of gifts, sunglasses, and flip-flops. The text includes the business name, phone number, and address. A Facebook logo and 'Find us on Facebook!' are also present.

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PORT VINCENT FISHING REPORT—Wayne Crouch



Fishing this month has been a little hit and miss due mainly to ordinary weather conditions.

King George whiting have been very touchy, but I have heard of some bag liits and others missing out—but, that's fishing!

Yellowfin Whiting have been very disappointing this season, but there is still time for them to increase their numbers.

Garfish are still very plentiful at the oyster lease and also out from Sheoak. It isn't hard to catch a feed of these, and they are great to eat.

Crabs are still very active and in good condition both from the boat and raking.

There are reports of a large shark around the oyster lease, so just be careful and it a wide berth—it is **their swimming pool, they just let us use it!**



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THIS MONTH IN HISTORY—MARCH

Renaissance genius Michelangelo (1475-1564) was born in Caprese, Italy. He was a painter, sculptor, architect, poet and visionary best known for his fresco on the ceiling of the Sistine Chapel and his sculptures *David* and *The Pieta*.

March 11, 1918 - The 'Spanish' influenza first reached America as 107 soldiers become sick at Fort Riley, Kansas. One quarter of the U.S. population eventually became ill from the deadly virus, resulting in 500,000 deaths. The death toll worldwide is estimated at over 50 million by the end of 1920.

Albert Einstein (1879-1955) was born in Ulm, Germany. His theory of relativity led to new ways of thinking about time, space, matter and energy. He received a Nobel Prize in 1921 and emigrated to the U.S. in 1933 where he was an outspoken critic of Nazi Germany. Believing the Nazis might develop an atomic bomb, he warned President Roosevelt and urged the development of the U.S. Atomic bomb.

1961 - President [John F. Kennedy](#) established the Peace Corps, an organization sending young American volunteers to developing countries to assist with health care, education and other basic human needs.

March 17th each year - is celebrated as Saint Patrick's Day—commemorating the patron saint of Ireland.

Port Vincent Sailing Club Report—March 2020

The month has seen quite a bit of sailing in varying conditions. The Club has completed the Port Vincent Auto and Tyre Series of 3 races. Winners of the series were Mosquitos – Wilfred, N. Lehman first, 9 Lives, S.Slater 2nd and Too be Sure Too, H Slater 3rd. The mono hulls saw Proteus, G. Butler claim first. In the trailerables, Xtremist, J. Butler 1st, Vostok, K. Campion, 2nd and Armante, A. Slater 3rd.



The Club hosted the Vincent Open Classic. About 17 boats took part in good conditions. Everyone was delighted to see long time competitor and supporter in Brian Lawrie and crew sailing Fifi finally win the Wheare Cup. Overall 1st B. Lawrie and Fifi, 2nd Bite Me, M Keough, 3rd Vostok, K Campion. In the Mosquitos, Rogue One, N How 1st, Curlew, G. Illman 2nd, Red Beard, G Hackett 3rd.

The month finished with the King Of the Gulf which included 3 days of racing in varying conditions. PVSC had 2 boats competing, Misty Blue, M. Hickman, and Fifi,, B. Lawrie. Both crews had an enjoyable series of races.



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FREE INFORMATION SESSION BECOMING “SCAM SMART”

Did you know that in the month of January 2020 more than 12,000 Australians reported being the target of a fraud commonly known as a scam? The real number of people targeted is much higher as most people will not bother to officially report the phone calls or emails they receive – although at some time most of us probably complain about them in conversation with friends or relatives.

When using your landline or mobile phone, internet, email or social media you will probably at some time be exposed to an attempt to scam you. The more knowledge you have of potential scams, the more you will be prepared to identify and avoid these attempts. SYP Community Hub will be holding a **free** information session at the Edithburgh Bowling Club on Wednesday 18th March at 3pm.

**To book your place, please call the Hub on 88521820
between 9am-2pm or email**

admin@sypcommunityhub.com.au

Welcome to Autumn!

Christmas is disappearing in the rear vision mirror. Decorations are back in storage. Summer holidays are over. The school year has started. Perhaps there is a chance to travel out of peak season and while the weather is still warm. The change of seasons reminds me of the consistency of change, a topic I have written about before. On the Yorke Peninsula the change in seasons means a great deal to farmers, businesses, anglers and sports people.

It seems to me that often old ideas are renamed, dressed up and paraded around as new ones. A sort of pseudo change. "We are doing something" change when nothing really changes at the coalface. I find compliance issues are often like that. If I want to cook a meal there are things I should and should not do. Simple. Muck it up and I spoil the meal. Do it repeatedly and I will be known as a bad cook (and a slow learner!).

Health can be a similar topic! To be at your best, eat well, exercise regularly, sleep and be good to yourself. Muck that up and you will pay a price. Fortunately our bodies can heal themselves; scratches, cuts, breaks and bruises. We see our body's amazing healing capacity everyday.

A consistent approach to your health is vital. Teeth don't get cavities overnight, we need to care for them consistently. Weight gain or lack of fitness occur gradually, and diet and exercise remain key pillars in managing them. Back and neck pain are usually long term problems that respond to management.

A change in seasons brings new challenges and adventures. I hope you are ready and up for it.

Yours in health

Dr Barry Steele Chiropractor
Port Vincent Natural Health Centre 33 Marine Parade



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(2) SPOG'S SHED, Ph. 0409 698 243 — Maitland Rd, Minlaton

(3) RENDEZVOUS CAFE, Ph. (08) 8853 2170 —16 Main St. Minlaton.

Designed, & hand crafted by:-

Roger Jenkins, Ph. (08) 8871 8070 – evenings.

16 Eighth Street

MINLATON, S.A. 5575

Email: rogerjenkins@internode.on.net

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5 assists since last report

A boat contacted Coast Guard SAF10 unable to restart engine 3 kms. North of P.V. marina. Seahound and 2 crew despatched, located boat with 2 pob, and towed into marina.

During a yacht safety patrol a radio message received that a visiting yacht needed a tow into the marina as motor would not restart. Orontes Star and 3 crew located yacht and slowly towed in to a berth.

A boat with 2 pob at Sheoak northern spit requested tow in. Rang back as restarted motor so crew stood down.

A boat and trailer sunk in P.V. marina, recovered by Coast Guard with assistance from SAPOL.

During yacht patrol a yacht with broken mast towed back into ramp at sailing club.

Squadron and SAF10 "New Boat Committee" visited Lonsdale factory to inspect our new rescue vessel. Electronics now being fitted inside cabin along with 4 seats. New aluminum trailer and tow truck are ready to deliver, when boat is completed for sea trials.

1 provisional member plus 3 new members attended "Survival at Sea" course recently with instruction and training on flares and fire extinguishers.

We welcome 2 new members , Roger Underwood and Robert Stumm, to our Flotilla.

Members and partners were kept busy over the weekend with catering for "King of Gulf".

Yours in Safe Boating,

**Bill Taylor,
SAF10 Advisor**

26th February 2020



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PORT VINCENT VISITOR INFORMATION OFFICE

We are currently selling raffle tickets. We will be in the main street next Saturday, please come down and buy a ticket. Ticket sales have been great but we still need to sell more to meet our goal. The raffle will be drawn on 23.3.2020.

Visitors to our office have been steady over the last month and we have helped several people with Walk the Yorke maps and other information on our wonderful Peninsula.

If you would like to volunteer your services for a few hours a month please call Sue Pike on 0448 853 742, we would love to have you on board. The work is rewarding and if you like to have a chat there are lots of visitors who would like to have a chat with you.

Sue Pike
Co Ordinator



THE SOUTH AUSTRALIAN COUNTRY WOMEN'S ASSOCIATION INC Port Vincent Branch

SACWA Branch started the new year with a pooled lunch, followed by local pharmacist, Roya Gafari, explaining the current Corona Virus epidemic and symptoms of heart attack in women, and answering many questions.

Then it was down to business with planning for the coming year ,starting with 12 March's trip to Adelaide to visit the Haig's Chocolate factory.

An Easter Pancake, Produce and Craft Stall will be held on Sunday 12 April on the wharf.

Homemade scones, pasties, sausage rolls, and lamingtons will be available by the dozen for delivery in the near future. Watch this space.

Several members travelled to Naracoorte for the SACWA State Council on 26 and 27 February, taking with them homemade biscuits, baked by members in all Spencer Group branches, for morning teas during the Council.

Visitors are always welcome at meetings and functions. For more information call President Kathleen Smith on 0428 746 018 or Secretary Helen Joraslafsky on 0419 001 420.

Helen Joraslafsky
Branch Secretary



Photo:
Kathleen Smith (left),
Roya Gafari (centre)
Helen Joraslafsky (right)



Narungga update

I was pleased to host a two-day tour of the electorate by the Minister for Education the Hon. John Gardner on 25/26 February, which included visiting Principals, staff and students at five primary schools (Mallala, Port Wakefield, Snowtown, Wallaroo, and St Mary MacKillop), four R-12 schools (Port Broughton, Moonta, Yorketown and Kadina) and a preschool (Wallaroo).

Welcome funding announcements were made over the two days for seven major maintenance projects, including \$225,000 of works for Yorketown Area School, \$205,000 for Warooka Primary, and \$227,000 each for Central Yorke School at Maitland and **Minlaton District School**. The Minister and I very much appreciated the warm welcome and honest feedback we received at all schools we visited.

Bushfire review

I welcomed the State Government's recent announcement of an independent review into the unprecedented 2019/20 bushfire season to best prepare for future such emergencies and ways to mitigate their impact. I encourage participation in the review; terms of reference include identification of resource and equipment gaps, how to reduce ignitions, and ideas to improve response actions and warning systems etc. Visit www.yoursay.gov.au or contact my office for how and where to lodge a submission (closing date 22 March).

Grants

The Regional Arts Fund, Export Grants for small business, and the Digital Donation program (latter offering free surplus government computers for community organisations) are now open, with various closing dates in March. Please visit www.fraserellis.com.au for details and application forms.

I also encourage nominations for the 2020 Premier's Certificate of Recognition for outstanding volunteer service, open this month and to close 5 pm Friday 27 March. This is a fantastic opportunity for organisations and community groups to nominate one or more volunteers who have made an outstanding commitment and contribution to their community. Guidelines and online nomination forms are available from www.dhs.sa.gov.au/services/volunteers or call 8415 4345.

There's also information on this website re the 2020 SA Volunteer Awards (four categories) due open on 2 March- another great initiative to recognise the invaluable work volunteers do throughout SA.

Listening Posts

I have planned fortnightly "Listening Posts" for 2020 which are casual opportunities for anyone to come along and discuss any State issues with me out of the office without need for an appointment. Posts in February were in Minlaton and Mallala (both held outside the IGA stores) and scheduled for March are Port Broughton (11th) and Port Victoria (31st), to be followed by Yorketown and Moonta in April. Times/venues are advertised in YP Country Times and via my Facebook page; all welcome.

BLUEBUSH NOTES

Fifteen members and three visitors attended our first Bluebush Club meeting for 2020 on February 10.

Minutes of our Christmas lunch meeting were read and an AGM resulted in Jane staying on as Coordinator and Treasurer and Marilyn as Secretary. Jeanette will also remain as our birthday cake maker and the club's posy and card maker. The club thanks the above members for their time and energy.

Jeanette gave a short talk on past club members who have passed away since the club started in 1995 until now. Jane read out a Treasurer's report and a calendar of dates were handed to each member.

A short discussion was held on things to do for the coming year. We also spoke about public holidays which seem to fall on our club's meeting days. Do we still want to meet or transfer the date to another day?

We spoke briefly on the fact that the Club will be 25 years old this coming April and what type of celebrations we would hold and where it will be held.

Members decided on lunch for the next meeting which is February 24th. Some members will not be available as an RSL lunch and meeting will be held on the same day. Lunch will be cold meats and salads. Salads to be provided by Jane, Geraldine and Sue. There will be a birthday cake for Jenny O. Members can look forward to some card and board games.

One of our visitors, James, gave us an interesting and informative talk on his involvement with BlazeAid. BlazeAid is an organisation which helps farmers affected by fires to get help with outer fencing on their farms. James said it is a challenge and interesting as some farmers are often brought to tears with the generosity of others. Work commences each day from 7.15am and goes to about 3pm. It is all volunteers with training provided and are taught to do the job quickly but carefully and safely.

Members shared a pooled lunch today with lots of yummy choices, followed by a birthday cake for Sue. Sue also received a hand-made card and a posy made by Jeanette—see photo above.

The club would love to see new members join our friendly group every second and fourth Monday of the month—9:45am at the Institute



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Lenten time is upon us as we journey towards Easter, the most important part of the Christian Faith.
Words of Wisdom from the Sunday Journal:

Always look on the bright side of life.

You get out of the Christian life what you put into it! Stay optimistic with your thoughts and actions. If you don't put any effort into your life, you won't get the results.

Furthermore, you don't deserve to achieve. At the time, no one makes a bad decision that is hurtful. Your decision may not turn out to be the best in the long run. But at the time it was your best option. Complete optimism will help make the best outcome from life's options. No matter what comes your way, focus only on the favourable parts. At all times practice the power of positive thinking. Keep your glass half-full so there is always room to add more to life.

***The Trash/ Treasure is going steadily, and plenty of goods keep on coming in for one to browse through.
Everyone is welcome on Saturday Mornings from 9:30 am—12.30 pm.***

CHURCH DATES for MARCH:-

8th.....11am.....HOLY COMMUNION.....with Fr Andrew Lang

22nd.....11am.....HOLY COMMUNION.....with Rev Anne Ford

Lenten Studies - a Wednesday Group at St. Benedict will be held from 11am - 12.15pm

Dates: Begins Feb 26, March 4, 11, 18, 25, April 8.

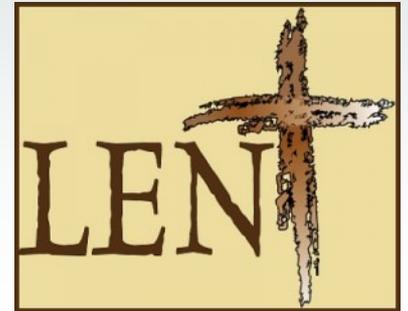
A light luncheon of Soup and Bread will follow if you can stay.

At 10am prior to the study, there will be a Weekday Eucharist.

There is also a Friday Night Group at the Rectory from 4.45pm - 6pm.

6 weeks commencing Feb 28, Mar 6,13,20, 27, Apr 3

This will be followed by a Bring and Share Tea if you can stay.



**A Training day 10am-3pm with Gael Johanson the topic is—Connecting Through Conversation.
Venue—St. Benedict's Date—Friday March 20th. BYO Lunch.**

Pam Biggs

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Seizures in dogs

Just like humans, dogs also experience seizures, with the type of seizure and classification of seizure being very important to know when looking to undertake diagnostic tests and treatment.

Seizures can be very frightening and confronting for owners to see in their animals particularly if animals lose consciousness during the seizure event. First and foremost, keep your dog as safe as possible to prevent further injury while seizing – eg. move away from stairs and hazardous objects, do NOT try to restrain the dog, and keep children away until the dog's demeanour has returned to normal.

There are three stages to a seizure and each of these provide important information for the veterinarian, and can also assist owners to predict the onset of seizures in the future. The three stages are separated into:-

- Before the actual seizure: animals may feel the onset of a forthcoming seizure and start acting strangely – they may become agitated, anxious, run around, hide, and/or vomit. This can last from seconds to minutes.
- During the seizure: loss of consciousness, movement of their limbs, muscle tremors, chewing their own body, and letting go of their bladder to urinate, or poo unknowingly. The seizure can last from seconds to minutes.
- Recovery: animals are often flat, lethargic, can be disorientated, may be 'wobbly' when standing up, and may appear blind. Some animals will be thirsty and hungry after a seizure. The recovery phase is variable in time and can be as short as minutes or as long as days.

The cause of seizing needs to be investigated to determine the best treatment or any advanced diagnostics that may be recommended. Initially the veterinarian will look to differentiate between actual seizure activity vs. fainting type episodes related to cardiovascular concerns. A physical & neurological exam by a vet is the first crucial step to determine this. Seizures in dogs can be due to an issue outside of the brain or inside the brain.

Some of the causes **outside** of the brain are:

- Liver problems
- Toxins (plants, lead, fungus, organophosphates, snail bait, rat bait, chocolate & caffeine)
- Metabolic problems (low blood glucose, low calcium & heat stroke)

Blood tests are one of the ways to investigate if a cause is outside of the brain. Dogs may require further investigations, such as an ultrasound, if liver problems are identified. Treatment for causes outside the brain are specific to the cause(s) that are identified, and may include hospitalisation, intravenous fluids, toxin binding medication, and medications to correct abnormalities detected.

Some of the causes **inside** the brain are:

- Inflammation of the brain
- Viral and bacterial diseases
- Clots or bleeding
- Tumours
- Epilepsy



If blood tests rule out any of the **outside** of the brain causes above, advanced imaging and blood pressure testing may be recommended. This may include a CT scan, obtaining a sample of the cerebrospinal fluid for testing, or an MRI.

One of the common causes of seizures **inside** the brain is epilepsy, particularly in older dogs. This condition is referred to as idiopathic epilepsy – meaning the reason for it is unknown, however treatment is available by way of daily medication to reduce the seizure frequency to an acceptable level. At home monitoring is key to providing ongoing information to the vet – keeping a seizure diary for frequency, duration, and what the dog does before and after a seizure is very helpful.

If a dog has more than one seizure in a 24 hour period or is continuously seizing for at least 5 minutes – this is a medical emergency and a vet must be seen ASAP.

Vet 2 You Port Vincent has an on-call after hours vet available outside of business hours.

Please do not hesitate to contact us if you have any concerns regarding seizures or other health issues for your animals.

We can be contacted on (08) 8853 7273.



*Good Food
Good Mood*

- Reshape your body
- Improve gut health
- Sustainable weight loss
- NO shakes; real food
- Vegetarian options
- Meal plan provided
- Quality nutritional support
- NO fees or contracts
- 1 on 1 mentoring



**For more information
Phattisgood.com**

**Jeanie Zeller
0418237539**

Photo & testimonial used with permission.

I had my ups and downs & I won't make excuses. The PHATT program teaches you so much, such as eating the best foods to fuel your body.
Teresa- Canada





Port Vincent Uniting Church Main Street

WORSHIP SERVICES

Every Sunday at 10.00am.

ALL WELCOME

Speakers: March 2020

- 1 Congregation – Verna Hall
- 8 TBA
- 15 Verna Hall- AGM
- 22 Joy & David Woodrooffe
- 29 Dean Brooks - HC

BIBLE STUDY

Tuesdays at 2pm in the hall.
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 of each month during the summer months from 10am-12 noon; the next opening will be on 28th March.

ADULT FELLOWSHIP

The next meeting will be on 22nd March - TBA

SALLY STAMP

Help raise money for World Mission by collecting stamps. Deliver to the Drop-in Centre on Wednesdays and Fridays between 10am and 12 noon. Thank you.

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.

THE HAPPINESS WE GIVE

We know that life is never measured by how many years we live, but by the kindly things we do and the happiness we give.

*"A generous man will himself be blessed, for he shares his food with the poor."
Proverbs 22:9*

Today share a kindness – a telephone call, a ride, a loaf of home-made bread - with someone in need



ST NEOT'S COMMUNITY GARDEN

The Garden Shed has been ordered and we are awaiting the delivery, once this is delivered and erected we can then start building our garden beds. Garden Sleepers have been donated and we thank Trish and Mike for the donation.

Very exciting, watch this space, as you can see this desolate space is dreadful.



Exciting times are coming. If you would like to volunteer your time and energy please call Sue on 0448 853 742. We need people to help erect the shed and to build the garden beds. Your help would be greatly appreciated.



All copies of A Focal Point are now available on the Port Vincent Progress web-site at:
www.portvincent.org.au

You can also go to the site and subscribe for the A Focal Point newsletter

An email will then be sent to you each month.

Or

Contact the editor—Sue Hall

afocalpoint2@gmail.com
0413 057 992

PORT VINCENT



Established in 1981

- * New Homes
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 - * General Plumbing
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 - * Hot Water Service
 - * Installations & Repairs
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 - * Septic Tank Cleaning
 - * Cold Water Services
- * Pumps & Water Softeners

0417 861 830
Licence Nos:
EPA 14457
PGE 150827

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
U3AYP Members—Mahjong classes—Institute
Hall 10am-12:30pm

WEDNESDAY: **Men's Golf** (Winter)
Men's Bowls (Summer)
Port Vincent Uniting Church—
Drop-in Centre10am-12noon
Port Vincent Uniting Church—
Adult Fellowship 4th Wed.in month in Church Hall
2:00 pm. (Except January)

THURSDAY : **Progress Assn meeting** at 7.30pm on 1st
Thursday of each month—Institute.
Ladies' Bowls (Summer)
Meals on Wheels delivery
Coast Guard Flotilla Meetings 3rd Thursday
CWA 2nd in month 1:30pm in Snr Citizens Hall

FRIDAY : **Port Vincent 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
Walking Group meets 2:30 pm at the Wharf

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 : **Port Vincent Uniting Church—**10:00am
St Neot's Church —see church door for times
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.

Please advise the Editor:-

Email: afocalpoint2@gmail.com or Phone: 0413 057 992

BUS SERVICE

Please check timetable prior to travelling

Bus departs from and arrives at the Port Vincent Corner Deli & Takeaway.

Tickets available same location

Phone 8853 7060

PORT VINCENT JUSTICES OF THE PEACE

Mr R. Button	0418 868 017
Ms K. Hill	8853 7020
Mr T. Clerke	8853 7191
Ms W. McDonald	0428 537 078
Mr R Searle	0428 534 251

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