

PORT VINCENT — South Australia**Port Vincent Progress Association****Web Address: www.portvincent.org.au**

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 President / Vice: pvppresident@gmail.com
 Treasurer: pvpatownoffice@gmail.com
 Community Events: pvpaevents@gmail.com

PROGRESS ASSOCIATION REPORT—APRIL 2020 SPECIAL EDITION

With many feeling the effects of the Coronavirus, it is understandable that we are all feeling a mixed bag of emotions - maybe you're happy pottering around at home, maybe you are bored, or perhaps nothing much has changed in your life? Maybe you consider little old Port Vincent to be a location untouchable by this virus, but for others many may be feeling.... stressed, depressed, lonely, and anxious.

As President of the PVPA I am thankful to have such a wonderful committee of volunteers who are always willing to assist in any way, even though they are all busy with their own commitments. I applaud & thank our committee, & those in our community who are stepping up, checking on those that need it, dropping off supplies and offering support to community members & businesses during this uncertain time.

A big shout out to those businesses, who in the face of adversity, have altered their processes and are pushing on.
Please continue to support our local businesses as they are doing it tough & are doing the best they can!
 We need & want these businesses to still be here, when we get to the other side.
 We should count ourselves lucky to live in such a fabulous community – let's keep it that way.

In this time where we may be feeling a little deflated, we must remind ourselves how much we actually have to be grateful for.

We have family, friends who we love and miss, and they love & miss us too, be thankful for Facetime!
 We may have low supplies of toilet paper, ***but we will in no way go hungry!***
 We can still grab a coffee to go, the local paper or gossip mag, & fish n chips for lunch or tea.
 We can still grab that bottle of red or carton of beer—even if it is for a party of one!
 You can still breath in the beautiful autumn air, and walk along our beautiful beaches.

You have time to read that book you've been meaning to read, and clean out that cupboard or shed.
 If you have Telstra shares—that's probably a positive right now too (I know my phone has had a workout lately).
 There isn't a better time to be more thankful for the invention of the Internet!
 We wake up each day living in the best country in the world... the best state, and the best peninsula!!

I found this quote – which I feel is one to embrace.

“Every situation in life is temporary. So, when life is good, make sure you enjoy and receive it fully. And when life is not so good, remember that it will not last forever and better days are on the way”.

During this bit of down time, PVPA are working quietly away on the Institute kitchen upgrade, with the salt damp repairs underway. The committee are assessing the year ahead, and what will need to be factored in due to the current social and economic impact of COVID-19, and how this will continue to impact our small community.

We are all on this crazy roller coaster together, and together we will come out the other side.

Stronger! More connected! More resilient! More appreciative! And hopefully for many, even more Tech savvy!

Stay home where possible & stay safe.

Editor's Comments

Well, it has been a rather quick turn around since the last A Focal Point went to print. This second edition for April has some really interesting articles to read and activities which will hopefully fill in the extra time that we all seem to have due to the social distancing and self isolation. *Thank you to all those who contributed to this edition, in particular to Peter Lehman, a former Progress member, for his article on Legacy's work on the Yorke Peninsula—please see Page 13.*

Also, a special "Thank You" to Fraser Ellis for sponsoring the printing of this second edition of A Focal Point for April.

Pages 3 and 4 have Anzac themed colouring pages, and Page 17 has a Port Vincent themed colouring page (adapted from a photo), which was emailed by a resident. Your Progress Association will be running a competition for the best entries in our **Anzac themed** colouring completion. We would love you to get out your coloured pencils, or felt pens, and produce some masterpieces. Could you please deliver your finished artwork to the Port Vincent Newsagency before Saturday 25th April. It is open to all age groups! **Winners will be announced in the May edition of A Focal Point.**

Page 5 has an Anzac wreath which can be coloured and assembled. As there will not be a service this year maybe you could take it to the Port Vincent War Memorial on Anzac Day, or perhaps hang it on your front fence on the day —*please see Page 11 for further information on the War Memorial, and how you can donate to the Anzac Day Appeal online.*

It was great to see the article in the Country Times on Port Vincent's Viral Kindness - for those of you who haven't yet joined please refer to Page 6 for the details.

While I was visiting a friend yesterday morning (outside their fence—over 2 metres apart), Kathleen Smith arrived. She was visiting 6 of our older Port Vincent residents who are living alone and self isolating. Kathleen had made Anzac biscuits (because SACWA are unable to have their stall this year) and was delivering them with her usual smile. What a lovely gesture! If you feel like baking some Anzac biscuits please check out Page 7 for a tried and tested recipe—thanks Faye!

I was fortunate to receive an email from the Royal Flying Doctor Service last week. Page 9 has an extract from this article. The information from their CEO is not only informative, but is reassuring that they have the procedures and equipment to be able to handle all emergency situations, even COVID-19. Although we are only 2.5 hours drive from the Royal Adelaide Hospital there are times when the RFDS is required. **But, please remember that in all emergency situations dial 000. Our health services staff will then make decisions regarding your treatment.** But, if there is a need to airlift to Adelaide then feel assured that their services will be available on the Yorke Peninsula.

If you are becoming a little bored being stuck at home, and you have had enough of the internet and television, then maybe you could consider "holidaying in your own town"? The newsagency has the brochures "30 Things To Do in Port Vincent" and "Port Vincent Walking Trails". Maybe take a drive along the golf course road and view the marina and granite rocks? Perhaps a walk to the cemetery to indulge in our town's history? Some of the town's longer walks, the Northern Walking Trail, Ralph Munro Walking Trail and the Back Beach Trail are also worth a try. One of our readers has even been feeding some local horses (the challenge for you will be where to find them)!

I will leave you with this quote—at times like these we need inspiration!

"Do not judge me by my success, judge me by how many times I fell down and got back up again."

— Nelson Mandela

Sue Hall– Editor
afocalpoint2@gmail.com

LINKS THAT MIGHT BE OF INTEREST

Please ensure that these are age appropriate

Play Chess with Friends online:

<https://www.chess.com/play>

Libraries SA online digital books:

https://www.libraries.sa.gov.au/client/en_AU/sapubliclibraries/?rm=EBOOKS+%26+AUDIO1%7C%7C%7C1%7C%7C%7C0%7C%7C%7Ctrue&dt=list

Daily Work Out for kids: <https://www.youtube.com/watch?v=K6r99N3kXME>

Can't go to the zoo, but love animals? Zoos Victoria and San Diego zoo have these live streams to follow:-

<https://www.zoo.org.au/animal-house/>

<https://nationalzoo.si.edu/webcams>

ARTICLES TO LOOK FOR IN THIS EDITION:

Page 3-4 — Colouring Pages

Page 5 — Anzac Wreath

Page 7 — **Port Vincent Crossword**

Page 9 — RFDS Report

Page 10 — U3AYP—Course News and Updates

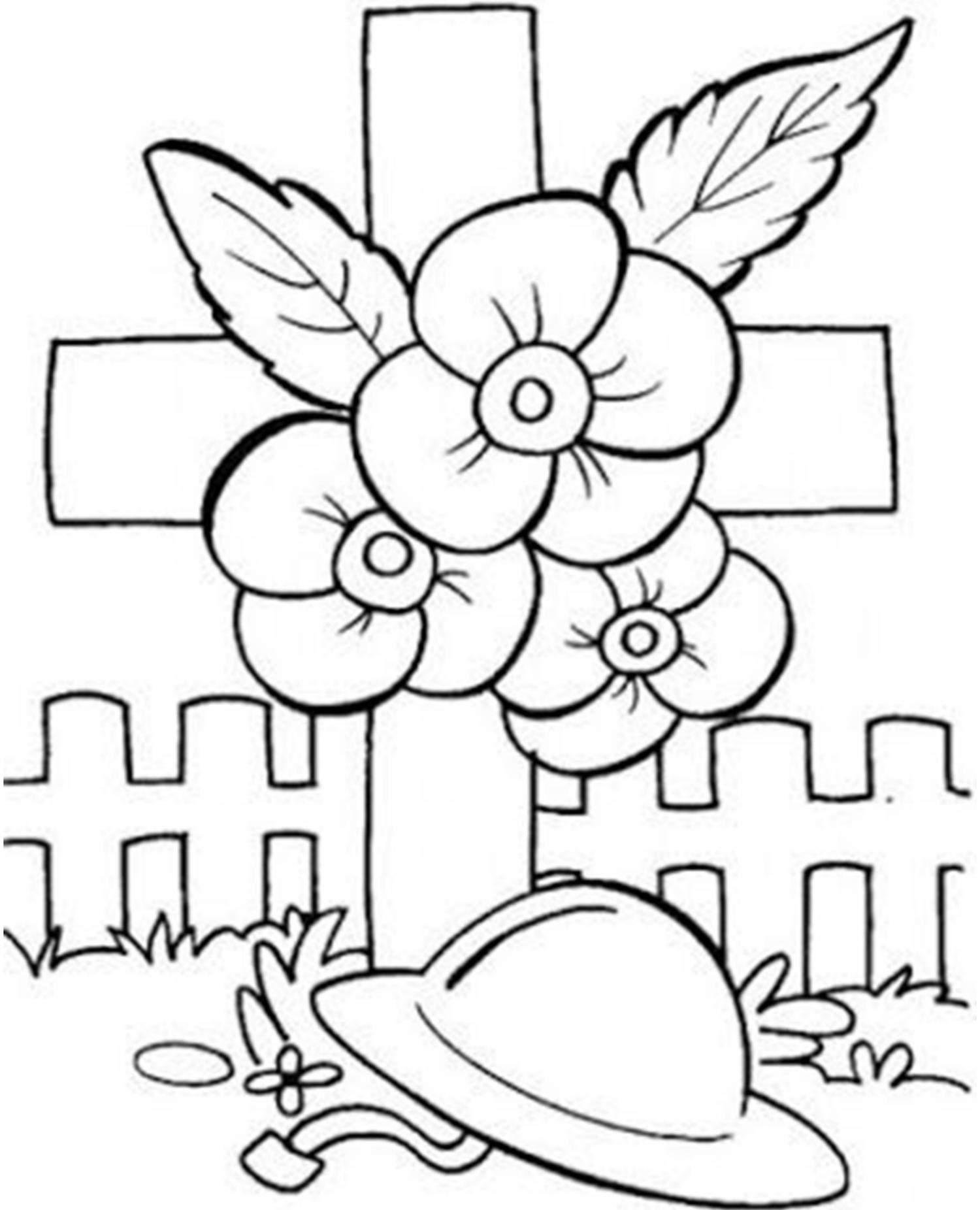
Page 12 — Winners of the Coastguard Raffle

Page 13 — **Are you eligible to join Legacy YP?**

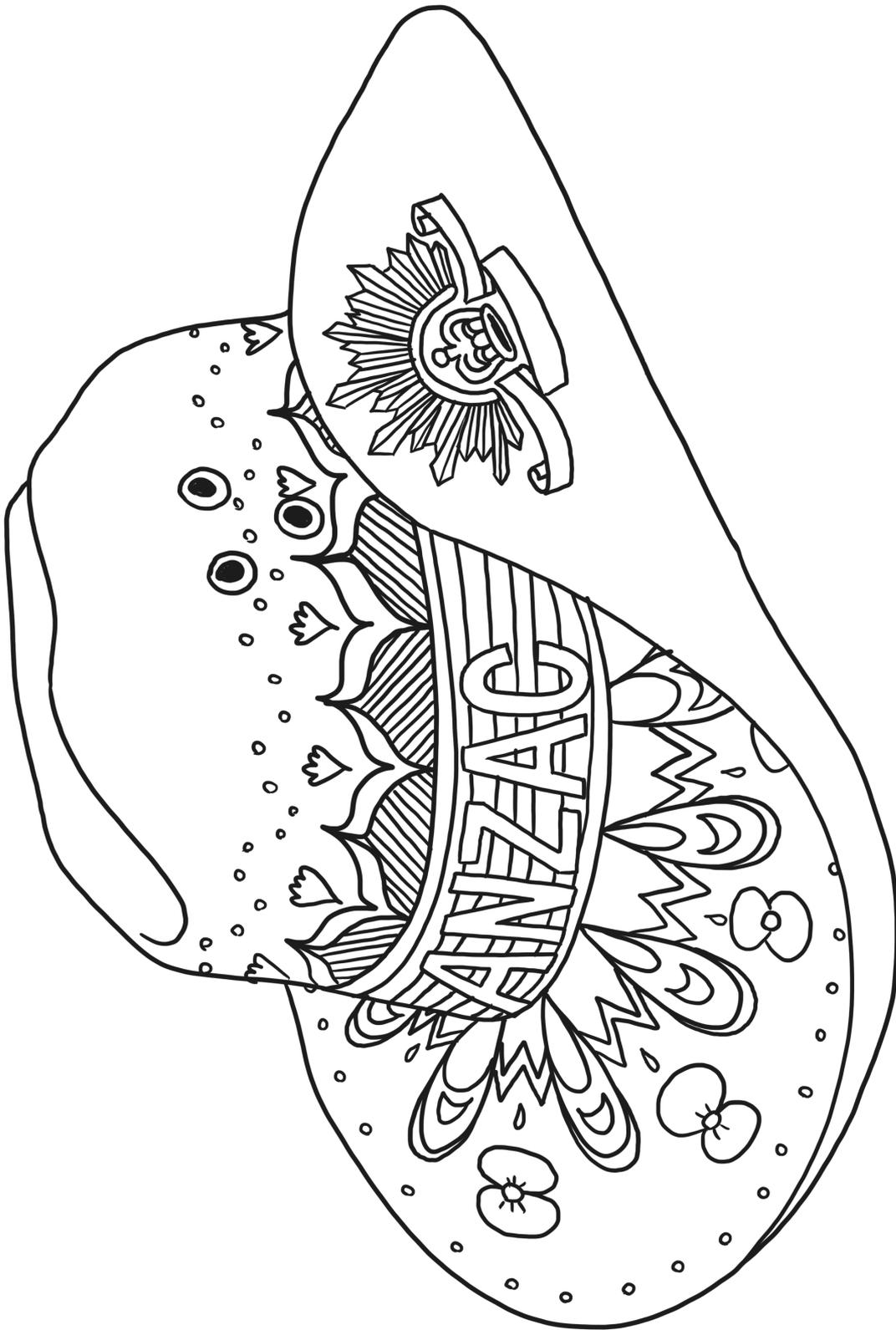
Page 15 — Fraser Ellis - keeping us informed on local issues

Page 16 — Chocolate Cherry Slice Recipe

Page 17 — Information from our local churches

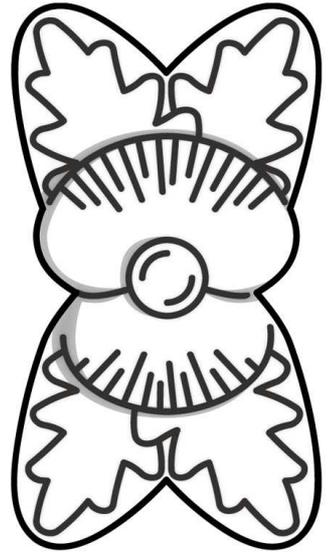
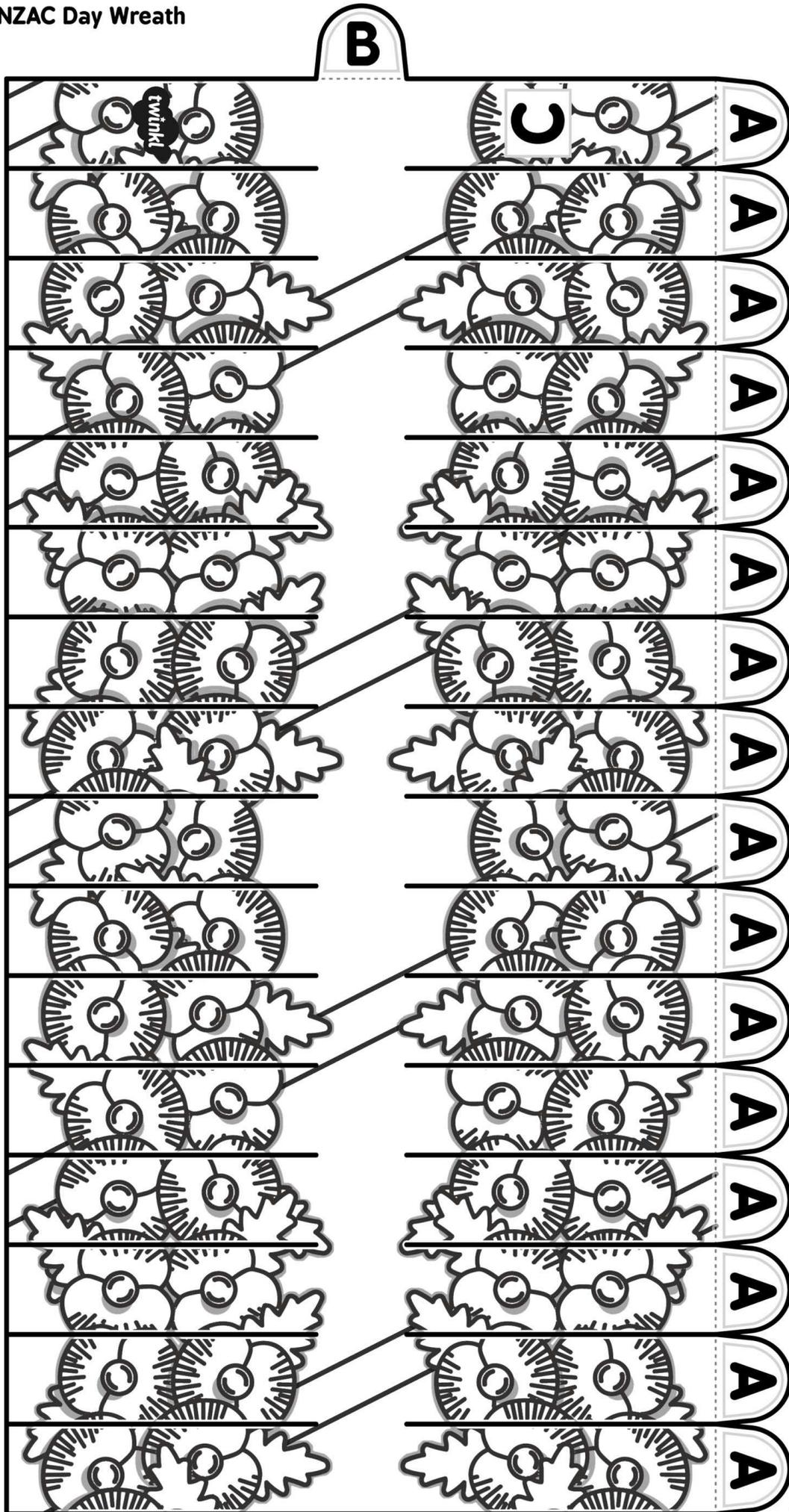


Name: Age: Contact Number:



Name: Age: (if under 15) Contact Number:

ANZAC Day Wreath



Carefully cut out the model along the solid black outlines.

Curve the model around and glue the tabs marked "A" to the opposite side to create a tube with cuts down the side.

Curve the tube around and glue the tab marked "B" to the opposite side. Finally glue the bow onto the tab marked "C".



- 1) Cut _____
- 2) Hill Fold - - - - -
- 3) Valley Fold - - - - -
- 4) Glue 1 2 3



Port Vincent #ViralKindness

We're all in this together

A **PortVincents#ViralKindness** group has been established for the community to help support each other during the coronavirus crisis. Whether it's offering help, asking for help, sharing, shopping for food, picking up medicine or a regular check in phone call, there are lots of ways we can stay together, even when we're apart!

To join the Port Vincent online group:

1. Go to viralkindness.org.au
2. Click on 'search group' and put in 'Port Vincent'
3. Click on 'join group'
4. Click on 'join chat' through WhatsApp
5. If you don't have WhatsApp, scroll further down the page to download it!



PLEASE SHARE THROUGHOUT THE COMMUNITY

No act of kindness is too small and it can make a really big difference to each other's day!

We also appreciate that not everyone is connected via the internet. If this is you, we recommend you create a support group/network amongst your friends, church, social group or street, to help keep in touch and support each other. Or you can phone, drop a note off to neighbours or use the template below.

Help + other advice

Healthcaredirect Hotline: 1800 022 222
Speak to a registered nurse

Coronavirus Health Information Line:
1800 020 080 Call this line if you are seeking information on coronavirus

Lifeline: 13 11 14 or text 0477 131 144

Avoid physical contact (keep 1.5 metres distance), wash hands regularly and leave all deliveries outside the door

For more advice visit:
viralkindness.org.au

#ViralKindness

Hello

If you're self-isolating or need help, please let me know.

My name is: _____

I live locally in: _____

My phone number is: _____

I can help with:

Picking up shopping

A friendly phone call

Urgent supplies

Other _____

Just call or text me and I'll do my best to help

If you need help joining up to the online group, phone Janet Cameron 0405 734 470 or Jo Barrie 0417 838 768

PORT VINCENT



Established in 1981

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- * RAINWATER TANKS Supply & Install
- * Heat Pump & Solar Hot Water Installations
 - * General Plumbing
 - * Maintenance & Repairs
- * Bathroom & Laundry & Kitchen Renovations
 - * Septic Tank Installations
 - * Hot Water Service
 - * Installations & Repairs
 - * Electric Drain Cleaning
 - * Septic Tank Cleaning
 - * Cold Water Services
- * Pumps & Water Softeners

0417 861 830

Licence Nos:

EPA 14457

PGE 150827



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.

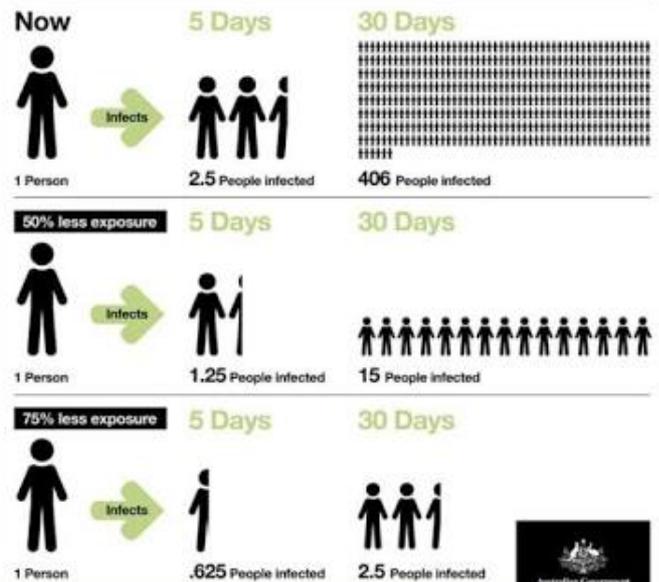
Or

Contact the editor—Sue Hall

afocalpoint2@gmail.com

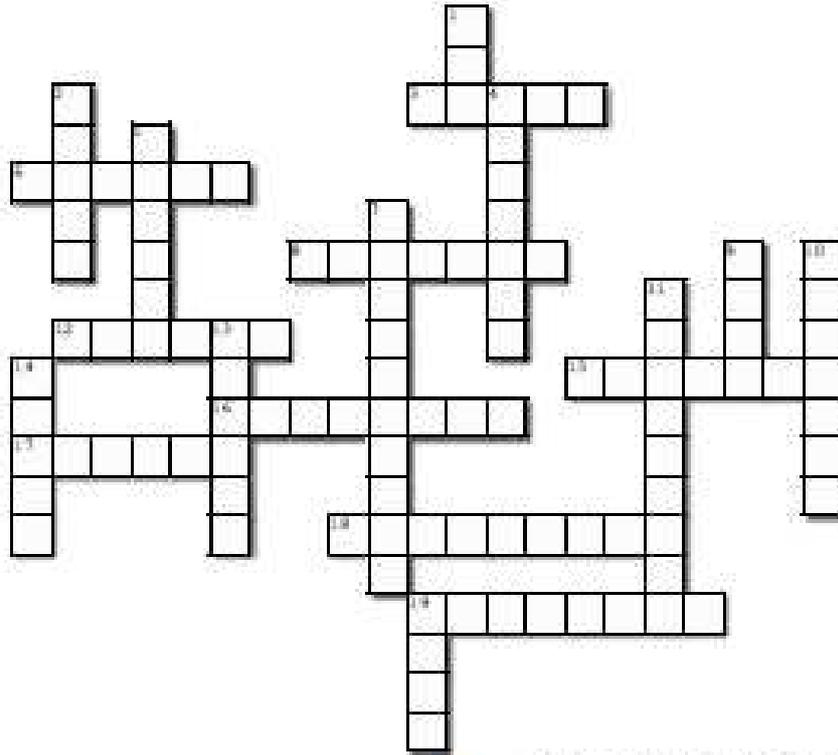
Why social distancing matters

Social distancing of 1.5 metres decreases the exposure of coronavirus (COVID-19).



Port Vincent Adventures

We hope you have some fun with the crossword puzzle below.



Created using the Crossword Maker on TheTeachersCorner.net

Across

3. Dry yourself off with this
6. Look for the colourful spinnakers on these
8. I cruise the bay on dusk looking for a feed
12. Our town's book 'Port Vincent Shipping Port to Pleasure
15. Diving and jumping off this is great fun
16. RSL War
17. Let's have a game at the courts
18. New kitchen to be installed here in 2020
19. Lots of these can be seen on long weekends and school holidays

Down

1. Visitor Information Office (Abbreviated)
2. No jumping from here
4. Known to fishers as KG's
5. Search on the back beach at low tide for these
7. Lots of fun awaits the kids
9. SS monument on the foreshore
10. Boulders deposited by glaciers in the last ice age are made of this rock
11. Essential when going out in the sun
13. Our very own 'Neighbours' street
14. Flying these is great fun all year round
19. Watch out, I can snap at your toes



SHUTTERSTOCK - MILO KOSTERLITZ

FAYE'S ANZAC BISCUITS



SHUTTERSTOCK - MILO KOSTERLITZ

INGREDIENTS:

- 1/2 Cup rolled oats (well packed) -
If unavailable use Oat Muesli
- 1/3 cup coconut
- 1/2 cup sugar
- 1/2 cup plain flour
- 1 tablespoon boiling water
- 3/4 teaspoon of bicarbonate of soda
- 60 grams (2 ounces) of butter
- 1/2 tablespoons of golden syrup

DIRECTIONS:

- Preheat oven to 150 degrees Celsius
- Grease 2 biscuit trays
- Sift flour into bowl, mix in coconut, sugar and oats
- Melt butter and syrup in small saucepan over a low heat
- Mix bicarbonate of soda and boiling water together, add to butter and syrup mixture.
- Stir this mixture into the dry ingredients, combining well.
- Place 16 teaspoons of mixture onto each tray, placing 3cm apart.
- Bake for 20 minutes. Leave on tray until cold (they will firm up as they cool).



****BUSINESS AS USUAL****

We are offering a pick up and drop off vehicle servicing and repairs service, if needed.

We are also offering mobile service, if required.

We are practising safe hygiene and safe social distancing during this period.

*****BUSINESS AS USUAL*****

*26 Main Street
P.O. Box 195*

*PORT VINCENT SA 5581
ABN 43 629 147 722*

*Phone 08 8853 7202
Fax 08 8853 7200
Mobile 0418 804 604*

*email: info@portvincentauto.com.au
www.portvincentauto.com.au*



Port Vincent Motel and Apartments wish to advise we have temporarily closed our doors to all but essential services guests. Whilst it was a tough decision to make, after working so hard to build our business, we would be devastated if we contributed in any way to the spread of COVID-19 on the Yorke Peninsula, especially Port Vincent. We have a positive outlook for the future and look forward to reopening when 'social distancing' is a thing of the past. Please take care and stay safe and healthy.

Cheers,

Carmel, Tim, Kerry & Wayne

PORT VINCENT NEWSAGENCY

*****BUSINESS AS USUAL***
(with adjusted hours)**

During these uncertain times we are happy to offer an afterhours service of newspapers, magazines, cards, gifts, jigsaws and chocolates.

Deliveries will be after 3pm

Please contact me to discuss how we can assist you.

Meredith: Phone 88537078



Thank you for shopping local & supporting small businesses

UNIQUE AT VINCENT

*****STORE CLOSED TEMPORARILY*****

Ramsay St Port Vincent

(next to York Carpets)

Art & Craft highlighting local artists * Bric a Brac * Hats and sunglasses *
Aussie Soles Footwear *

RING JENNY TO MAKE A PRIVATE APPOINTMENT

**NORMAL HOURS Wednesday – Sunday
and 7 Days during School Holidays
10am – 3pm**



RING JENNY TO MAKE A PRIVATE APPOINTMENT

0409 670 947

A Message from Tony Vaughan ASM - Chief Executive—RFDS Central Operations

(reproduced “in part”, with permission)

I want to start by acknowledging the challenging and uncertain times ahead for all of us as we deal with Novel Coronavirus (COVID-19). I also want to reaffirm our steadfast commitment to the safety and wellbeing of rural and remote South Australians and Territorians, together with our workforce, our service-delivery partners, our supporters and the broader community. Over the past weeks – and again in the past 24 hours – Governments and health authorities have escalated our nation’s response to the COVID-19 pandemic. Taking all precautions and actions necessary to keep everyone safe and to reduce the spread of COVID-19 in the community is changing how your Flying Doctor is taking the finest care to the furthest corners, but it is not altering our commitment to doing so.

What we are doing to assist

Our workforce has been preparing for the entry of COVID-19 into Australia since January. The RFDS routinely treats patients with infectious diseases, and we have already safely transported COVID-19 patients, and will continue to do so over the weeks and months ahead.

COVID-19 will present great resource challenges in terms of forecast volumes of patients needing care, combined with ensuring that we have the frontline workforce and resources available to safely deliver our range of 24/7 emergency aeromedical and essential primary health care services.

We have actioned our Business Continuity Plan, and will continue to work closely with the Commonwealth and State/Territory Departments of Health in ensuring we can respond accordingly to this pandemic and deploy RFDS resources to outbreak areas – if and when they are needed.

As part of our COVID-19 pandemic response, RFDS Central Operations is/has:-

- Established our Incident Management Team comprising our most highly trained medical, nursing, aviation, operations and management team;
- Placed our aeromedical bases into lock-down to all non-essential visitors, and relocated our non-operational workforce to working from home;
- Monitoring the latest guidance in relation to procedures for the assessment, treatment and movement of people with COVID-19;
- Continuously training of our frontline workforce in the use of personal protective equipment (PPE) and specific COVID-19 cleaning procedures;
- Been pre-screening our workforce, as well all patients/visitors to our remote health clinics to reduce the risk of inadvertent exposure;
- Following guidance on health care worker’s quarantine and isolation requirements in line with our respective State/Territory health authorities; and
- Expanding our use of online technologies to deliver our mental health and wellbeing services to keep our remote patients connected with us, and each other.

Delivery of our Services

Despite these unprecedented times, delivery of essential health services continues, including:

- 24/7 aeromedical evacuations from outback communities or country hospitals;
- 24/7 emergency telehealth consultations with our on-call Doctors;
- Scheduled ‘fly-in’ primary health clinics to remote communities and stations;
- Videoconference consultations with the Mental Health & Wellbeing Team;
- Operation of our Remote Area Nurse (RAN) clinics at Andamooka, Marla and Marree; and
- Cultural and social support for Indigenous patients by our Aboriginal Health Coordinator.

Furthermore, our teams are assisting with national awareness effort and community education of best practice prevention, identification and pre-screening strategies to help protect our remote communities from the spread of the virus.

In closing, we reflect on the privilege we hold at the RFDS, in being able to serve the community at this time when they need us the most.

*****If you require urgent medical assistance always dial 000*****



U3AYP NEWS

U3AYP “KEEPING IN TOUCH”

Hello to everyone, I sincerely hope our wonderful Port Vincent community is staying healthy, both mentally and physically, in this very trying time. With all the restrictions in place everyday life becomes a mine field of what to do and what not to do, and can be lonely. The A Focal Point is one of many ways to keep yourself informed and stay in touch with the community.

Obviously U3AYP courses are still on hold, but from the start of the next school term, the intention is to increase written communication with our members. Members will receive course news via email or “snail mail”.

There will be introductory information relating to many of courses that have been deferred. Interesting Health Topics; Circle Dancing; Viewing Gardens on Yorke Peninsula and Relaxation with Colour & Music will be the first to be shared. This challenging way of life will be with us for a while, but be reassured that when the greenlight happens U3AYP will be ready to take up from where many of the courses “left off”! Outside presenters have indicated they will fit in with dates wherever they can.

Once restrictions have been lifted members will have many opportunities to get out and about once again, we will all be looking forward to attending the many diverse courses U3AYP has to offer.

Stay healthy and stay connected!

Registration/Renewal forms will be out before the end of June and further information can be obtained by visiting our website www.u3aypwordpress.com

*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 8832 2381*

Sue Mulraney, U3AYP Publicity Officer

ASSISTANCE AVAILABLE FOR BUSINESSES/SELF EMPLOYED

State and Federal Governments are offering assistance packages to businesses to assist them at this difficult time.

The following web-sites may assist our Port Vincent businesses with navigating the “how do I apply”, “what am I entitled to” questions:-

Regional Development Yorke Peninsula:

<https://www.yorkeandmidnorth.com.au/what-we-do/covid-19-support/>

Helpline for Small Businesses:

Looking for answers? The www.business.gov.au Hotline – 13 28 46 – has been expanded to provide specialist advisers and extended hours to support small and medium businesses impacted by the pandemic. You can talk over the phone, live chat or email.

Business SA web-site:

<https://www.business-sa.com/covid19>

WAR MEMORIAL—PORT VINCENT

The Port Vincent War Memorial was unveiled in October 1938.

The War Memorial that sits on the corner of Kemp and Parsons Streets was built by the RSL's early members, and was unveiled in October 1938. Due to a series of DVA Grants over the years it has been upgraded.

The first funding was used to replace the deteriorating marble nameplates with black granite with gold lettering.

A few years later the Memorial, thanks to another DVA Grant, was repaired and updated. With the help of the Yorke Peninsula Council, a wall was built at the back of the memorial and the RSL was very fortunate that JH Williams of Port Adelaide cut the stainless shapes, installed them, and then at a celebratory dinner **donated them to the Port Vincent RSL.**

The members now regularly do maintenance on the War Memorial and have installed seats, retaining walls, repainted the gun and memorial and made and installed a second flagpole. This maintenance is necessary due to 82 years of sea-side environment attacks that take its toll.

Although there will not be a formal Anzac Day Service held this year, due to COVID-19 restrictions, the memorial will be prepared and ready for the public to visit in small family groups throughout the day to pay their respects



Left: Prior to the renovations.



Right: After the work was completed.



RSL— PORT VINCENT



If you wish to donate to the ANZAC Appeal and wish to have little physical contact outside of your home you can use the online RSL donation facility on Facebook and Twitter. Below is the link sent to Trevor Clerke by Mr. Keith Harrison, RSL Marketing of SA.

Commemorate from home, donate from home. Make secure donations to the ANZAC Appeal easily at <https://rslsa.square.site/product/donation-anzac-appeal/18?cs=true>

Your donation will help support the advocacy and welfare work the RSL does for veterans, serving ADF and their families.

Anyone in town can join the RSL, current & ex servicemen and women, family members and those that have an interest in and believe in the RSL.

For further information contact the President Barry Tozer on 0400 534 305 or the Secretary Trevor Clerke on 0422 162 204

SAF10 REPORT—APRIL 2020

No assists since last report. With fewer boats out fishing (in one's and two's), it has become a quieter activity for all.

A general directive from AVCGA National instructs us to have no training, no meetings and to be on standby only for search and rescue emergencies until further notice, all due to COVID-19 safety precautions.

Our new rescue vessel "Vincent Star" and Isuzu 8 tonne tow truck have arrived in Port Vincent. We have 6 heavy truck licenced drivers in our Flotilla to go on roster with boat crews. We have 7 accredited Coxswains (skippers) and 11 Competent Crew and 6 Provisional Members in training. All have done the SSSS course (Survival at Sea).

The "Vincent Star" is a Nautic, manufactured by an SA boat builder—length is 8.7 metres, beam 2.9 metres. Cabin Cruiser, (4 seats inside & 2 seats outside). Powered by 2 Yamaha 250 hp outboard engines, it is therefore fitted with a centre post for all towing needs. The all new suite of electronic features includes a Fler Heat Sensor Tower above the cabin. Our shed roof will need to be raised. Sea trials will be conducted over a period of time, and the rescue vessel "Orontes Star" will still be used for call outs until sold.

We thank the public for their support of our raffle and list below the winners:-

1 st	Portable BBQ donated by T. & G. Allery	Jo Ruediger
2 nd	Painting donated by P. & J. Crocker	Kym Meldeo
3 rd	Lennox Lamp donated by Retravisio Kadina	Kay
4 th	Voucher donated by IGA Minlaton	Kate Platten
5 th	Cake Maker donated by Retravisio Kadina	M. May
6 th	Voucher donated by Foodland Yorketown	Joyce Marner
7 th	Wines donated by Minlaton Hotel	Shirley Mundy
8 th	Voucher donated Foodland Yorketown	Jo Ruediger

Yours in Safe Boating,

Bill Taylor
SAF10 Advisor



9th April 2020



SALTER QUALITY KITCHENS

Specialising in:
Modern Kitchens, Wardrobes,
Vanities, Storage Units
Sold timber work ie Bars

Phone Nathan
0427 405 023

For a free quote



Australian Government

OFFICIAL MEDICAL ADVICE

Coronavirus: **social distancing** **saves lives.**

Even if you don't feel symptoms, you must exercise healthy social distancing to prevent the virus spreading to others and the more vulnerable.

Every Australian must play their part to help stop the spread.



australia.gov.au

YP LEGACY GROUP

The YP Legacy Group works with Legacy SA and Broken Hill, to assist spouses, dependants and families of the Australian Defence Force and other (eg. Peace Keeping) personnel who have died or are suffering injuries or illness as a result of their service to our country.

It's important to note that the ADF does not have the usual safety net of Workers Compensation enjoyed by other Australian workers, nor are soldiers able to insure, or take up other Superannuation type coverage for death or injury. Instead, a Federal Department called Veterans Affairs handles such issues.

Generally speaking, Legacy works with Veterans' families to establish an entitlement to financial assistance and compensation as well as the welfare of those families. Legacy's Mission reads " Our mission is to care for the dependants of deceased and incapacitated veterans in SA and Broken Hill."

To gain compensation, the death, illness or injury must be recognised by the Department of Veterans Affairs (DVA) as "service related", not an easy task in some cases, particularly when considerable time is involved. Compensation and assistance is not automatic. "Service" and establishing a "causal link" that the illness is service related have strictly defined medical and administrative parameters, and Legatees are often called on to fill the roll as an advocate in representing those wishing to make a claim. All of this assistance is provided without charge by Legacy, but when dealing with such complex matters, considerable expertise and training is required.

In the past, what we knew as *War Widows* have been clearly identifiable, but there are "grey" areas where death or other disabilities being suffered are not immediately identified as attributable to actual service. For example, It can be several years after service that problems emerge. The effects of "Agent Orange" is one example which took years to establish post the Vietnam War days. Post traumatic stress and related mental illness is another issue confronting many of today's veterans who are sometimes reluctant to come forward.

If you or someone you know suffers the ill effects of their time in the ADF, please be encouraged to consult with an Ex Service Organisation such as the RSL, Soldier On or in the case of dependants, Legacy. **Legacy Adelaide may be contacted on 8231 9812.** If you are sympathetic with the Legacy cause, we are always seeking new Legatees (Police and security checks are essential in this process).

Peter Lehman

BARLEY STACKS WINES

Cellar Door **CLOSED**

Phone and Online Sales available

- **FREE Delivery Australia wide**
- **Phone Orders receive 20% discount on 6 or more bottles**
- **Special Wine Packs Available**

WHITE WINE
STARTER PACK



\$105 SAVE \$20

RED WINE
STARTER PACK



\$120 SAVE \$25

CELLAR DOOR
FAVOURITES PACK



\$115 SAVE \$20

All packs come with Tasting Notes for your 'At Home' tasting

Call the Cellar Door to place your order today!!

Thank you for supporting small, local business!

If you have any questions please contact Barley Stacks Wines on 08 88 341 258

Dear Friends and Valued Customers

Our store is currently open for the school holidays,

Opening hours will be variable,
so please check the door for opening times.

Thank you for your support and understanding.

We hope that everyone stays safe and healthy

Andrew and Susanna



Gifts
Port Vincent
8853 7003
6 Main Street

Find us on Facebook!

SASS Hair Body Skin

88537444

During this initial period of COVID-19, we made the difficult choice to close the salon indefinitely, due to the very close proximity that we as hairdressers work with our clients. We felt that by continuing to trade as normal, would be a total contradiction to every recommendation that our governments and SA Health have proposed to protect the community during this pandemic.

So, whilst the salon is closed, I am home with my little humans. Between nappies, lego building, playdoh molding, trampoline jumping, and the constant whine of 'I'm hungry', I'm busy assessing what to do with my business of the past 13 years moving forward. I have been keeping in contact with my staff who are Super-Heroes. They are waiting on the sidelines to put their capes back on and work their super powers on their clients again. I am also working towards making our work environment the absolutely safest place we can for both ourselves & our clients. We are anxiously awaiting a time that we feel is appropriate and safe to resume our services. As hairdressers we are generally very social, touchy, feely people!!! This mandated social distancing is rather challenging & we sympathise with our fellow business owners & their employees in town who have been greatly affected.

We will assess the situation weekly, and place all clients that currently hold appointments throughout April & May on a "Call Back & Rebook" list. We will contact you to rebook your appointment when we know a re-opening date.

We will endeavor to contact all clients a few days before your pre-booked appointment.

But at this stage, please assume that **your appointment has been cancelled until further notice.**

We apologise for any inconvenience, but believe we are doing the right thing for our small and ageing community by being a part of the solution, not the problem.

We will, however, still be able to offer you the opportunity to purchase retail products and some temporary DIY colour touch up options by prior arrangement with direct transfer payment options.

We are contactable via Messenger/Facebook/Instagram, email; sasshairbodyskin@y7mail.com or the salon phone which is currently being diverted to me (Michelle) 88537444.

So if you wish to discuss any pre-booked appointments, hair colour maintenance concerns, or you wish to purchase retail, please phone and leave a message, and I will endeavor to return your call as soon as possible.

Follow us on Facebook @sasshairbodyskinPtvincent or Instagram @sasshairbodyskin_ptvincent

We miss you all and look forward to seeing you all again soon.

Michelle, Malaina, Alissa & Sarah.



**PORT VINCENT
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FOR ALL YOUR PLUMBING & GAS NEEDS

DAVID WHITE
0417 818 442

whites3@internode.on.net
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- GAS REPAIRS & INSTALLATION

NO JOB TOO BIG OR TOO SMALL

I am extremely fortunate my online business has not been affected by this challenging crisis, at this time.

Our factories and distribution centres are listed as essential services by our Government.

I couldn't agree more.

New clients will be entitled to a \$10 discount on first order. Feel free to contact me and I will assist you with your order.

WITH ALL THE SHOPS RUNNING OUT OF STOCK AT THE MOMENT & WE ARE ISOLATING OURSELVES, I WOULD LIKE TO LET YOU KNOW THAT I CAN PROVIDE A LOT OF ESSENTIALS THROUGH MY ONLINE BUSINESS. DELIVERED STRAIGHT TO YOUR DOOR.



- MULTI SURFACE CLEANER
- DISH WASH LIQUID
- DISHWASHER POWDER
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- SOAP
- HAND WASH
- BUBBLE BATH
- CLEANSER
- MOISTURISERS
- HAIR PRODUCTS
- VITAMINS
- MULTIVITAMINS (adult & child)
- PROBIOTICS
- MOUTHWASH
- TOOTHPASTE



Jeanie Zeller
0418237539

Independent, Modern Social Practitioner



FRASER ELLIS MP
MEMBER FOR **NARUNGA**



Keep up the good work everyone

It is pleasing the number of new cases of COVID-19 remains low. That's because we're working together and doing the right things:-

- Washing hands
- Social distancing
- Honouring restrictions

I am aware many locals have been concerned about how to stop tourists from entering our region and I share those concerns, mindful that it is vital to protect our local communities and our health resources that are vulnerable and stretched.



The message has been made loud and clear. Now is simply not the time for people to be taking a holiday in regional South Australia, it's a time to stay home in your family or household groups.

The majority are adhering to this message and be assured that SA Police have established a new team dedicated to enforcing quarantine rules, social distancing restrictions and business closure rules.

If you see gatherings of more than 10 people, or others not adhering to the 1.5 metre social distancing rule, you can call police on 131 444 or Crime Stoppers on 1800 333 000. Reports can be anonymous to report breaches of the pandemic control restrictions. Police are issuing on-the-spot fines to those who fail to comply with directions made by the State Co-ordinator for the declared Major Emergency, under the Emergency Management Act 2004.

A hotline has been established to provide South Australians with local information on COVID-19 from 8 am-8 pm, seven days a week- 1800 253 787-or visit sa.gov.au for more information.

My staff and I are also here to help with any questions, with the Robert Street office at Maitland remaining open Monday to Friday 9am-5pm -- phone 88322 455 or email narungga@parliament.sa.gov.au

We are in this together



Coronavirus information for South Australians

For general health questions:
Coronavirus Health Information Line 1800 020 080

SA.GOV.AU

P: 08 8832 2455 **E:** narungga@parliament.sa.gov.au **A:** 51 Robert St, Maitland SA 5573 **F:** /FraserEllisNarungga

PEG'S CHOCOLATE CHERRY SLICE

Base:

4 oz butter
1 Tablespoon cocoa
1/2 cup of Icing Sugar
1 cup plain flour

Melt butter and cocoa in saucepan. Add icing sugar and plain flour, mix well. Press into the bottom and sides of small lamington tin.

Cook in moderate oven for 10 minutes.

Filling:

1 tin Condensed Milk
1 and 1/2 cups coconut
1/2 cup chopped glace cherries
A few drops of pink food colouring (as required)

Mix ingredients together and spread over base. Cook until set, but not too brown (approx. 15 minutes).

Topping:

4 oz dark chocolate
2 oz butter

Melt gently. When the base and filling have cooled, spread chocolate topping over the top. Cut into squares and refrigerate.



**Residential Sales - Rural Sales - Market Appraisals
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Port Vincent Uniting Church, Affiliated with Generate Presbytery

WORSHIP SERVICES

All services and associated groups have been cancelled until further notice.

SALLY STAMP

Help raise money for World Mission by collecting stamps. We ask that you hold onto the stamps until our Drop In Centre reopens.

ST NEOT'S ANGLICAN CHURCH
(Ministry District of Yorke Peninsula)

All are welcome to our pastoral care the contact details are as follows:-

District Priest:

Andrew Lang.....(0417 556 848) districtpriest@alcross.com

District Deacon:-

Louise Lang.....(0417 105 004) deacon@alcross.com

Local Priest:-

Anne Ford.....(0418 304 663) anneford3@gmail.com

Lay Minister:-

Pam Biggs.....88537340

All take care in the days, weeks, months ahead and stay safe.



Pam Biggs

Phone: 8853 7340



**COMMUNITY ACTIVITIES ARE CURRENTLY
SUSPENDED DUE TO COVID-19**

- MONDAY :** **Blue Bush Club**—Uniting Church Hall
2nd & 4th Monday of each month 9.45am,
Lunch provided—All Welcome
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—(affiliated with
Generate Presbytery)**
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 Supper Room
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 (affiliated with
Generate Presbytery)**
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 (affiliated with
Generate Presbytery)** —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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Personal Notice in
A FOCAL POINT**

assists towards the cost of supplying this local paper

Full Page	\$35.00
Half Page	\$20.00
Quarter Page	\$15.00
Small Notice	\$ 7.50

Your advert or personal notice will reach local people, visitors to our town, and also the many who have the A Focal Point emailed to them each month.

Email: afocalpoint2@gmail.com