



CALL OUT FOR VOLUNTEERS

PORT VINCENT PROGRESS ASSOCIATION

Annual General Meeting

Thursday
31st August, 2023
7pm
Port Vincent Institute

Have you considered
volunteering your time?

Are you interested
in Port Vincent?

Its appearance, facilities,
public activities and programmes on offer,
and future development opportunities.

COMMUNITY CHAT & INFORMATION SESSIONS



Saturday 19th August 9.30am-11.30am
Port Vincent Institute Supper Room

Come and Join us! Drop in for an informal chat about
all things Port Vincent & Volunteering. Learn about
what's been happening!!! what's going to happen, and
even what's not happening and why... See if one of the
the Port Vincent voluntary organisations is for you.....!

There is so much more to the PVPA and its
sub-committees, than meets the eye.....

This is a great opportunity to look into
the trenches prior to volunteering your precious time .



PORT VINCENT
Get Hooked On it

CONTACT

US NOW



PVPA Secretary - Greg Shaw
0438 853 972



portvincentprogress@gmail.com



19 Marine Parade,
Port Vincent



SKILLS

We know there are so many talented & skilled
members in our community! The PVPA would
love to have you onboard! Employed, retired,
stay at home Mums & Dads, no matter who
you are - you all have skills that can benefit
the community and town you love!

Join the Team and share your knowledge.

www.portvincent.org.au

GET HOOKED ON VOLUNTEERING



LETTERS TO THE EDITOR



What a fantastic surprise while sitting down overlooking our lovely bay having a coffee, to have a petition put in front of me for the proposed Medical Centre for Port Vincent. We have long appreciated Roya and the fantastic service she offered, particularly through Covid. But now we have the opportunity to have a medical service here again. What a great initiative, and I can only thank Roya and her husband for this opportunity. So get on board people, and sign the petition to get everything through all the various approvals they need to get to make this a reality.

Julie Searle

Editor's Comment: Please see Page 10 for more information - Petitions are available for your signature at our local shops - or you can email afocalpoint2@gmail.com with your letters of support.

EDITOR'S COMMENTS

Well, there are certainly lots of things happening in and around Port Vincent over the coming weeks and months!

Page 3 outlines the **FREE Children's Come and Try Art Classes**, supported by the YP Grounded Committee, and held in conjunction with the SALA Festival. These 50 minute classes will be held between 10am and 3pm on **Sunday, 20th August**. This is an amazing opportunity for our local children to try different art forms. I urge families to get on board and book these classes for their children. A huge thank you to our group of local volunteers who are assisting on the day. For those who become inspired by seeing the artwork around the YP and beyond, don't forget that art supplies are available from *Unique at Port Vincent* - see **Page 21** for details.

A huge thank you to Merrilyn Lovelock for sharing some of her father, **Vic Wheare's**, slides of Port Vincent. Some of these photos were taken as far back as the 1960's. I will be sharing some of these photos with you over the coming months. Please see **Page 24** for the first of these. Thank you to Julie S for converting these slides to digital format. The Visitor Information Office is hoping to be able to display these photos over the coming months. Please check out their future articles in the A Focal Point for information on this enterprise. **Page 4** outlines the amazing job the VIO Committee is doing arranging a **Vincent Vitality** Event - keep **October 21st** free on your calendar!

GALA DAY is back - NEW YEAR'S DAY, 2024!!! **Pages 6-8** of this edition outlines what this sub-committee of Progress is planning. *They are keen to hear from anyone who has suggestions to improve the event*, and in particular, if you are willing to assist, either with your time, or with sponsorship. Let's work together to ensure that this event is successful, and that future generations will make new memories - while some of the oldies (yes, me) tell them of memories made at past Gala Days.

Saltwater Classic - 13th and 14th April 2024 - this hardworking committee are planning an amazing event. Kids, don't forget to enter the **'Design the Poster' competition** - details are on **Page 14**.

Sue Hall

Editor - 0413 057 992

2nd August - Wednesday Social Bowls (every Wed)
3-4th August - Ageing and Lifestyle Expo - Pg 17
6th August - Sunday Social Bowls (every Sunday)
7th August - SACWA Meeting - Page 16
18th August - Vietnam Ceremony- Adelaide
19th August - Community Chat Sessions - Pg 1
20th August - Grounded Children's Workshops - Pg 3
31st August - Progress AGM - Institute Hall - Page 1
16&17 Sept - Spring Craft Fair - Page 11
1st October - Saltwater Classic Art Comp closes Pg 14
21st October - Vincent Vitality Day - Page 5
1st January 2024 - GALA DAY & FIREWORKS - Pgs 6-8
13-14th April - Saltwater Classic

Page 3 - Free Kids Come and Try Art Classes
Page 4 - Tidy Towns & Visitor Information
Page 5 - Vincent Rise before development
Page 5 - Can you help our Hooded Plovers?
Page 9 - SALA - 3 Generations Art Exhibition
Page 10 - Medical Centre for Port Vincent?
Page 11 - Where are they biting??
Page 12 - Port Vincent's Erratic Rock formation
Page 15 - Fraser Ellis on Govt Select Committees
Page 16 - SACWA Baby Parcels
Page 18 - Monday Fellowship News
Page 22 - SAF10 Coastguard Volunteers needed
Page 27 - August is Dental Disease Month!



The details of this event can be found at:-

[\(3\) Come & Try - Kids Art Session | Facebook](#)

Those who wish to attend can do so by booking tickets on Eventbrite:-

[Come & Try - Kids Art Session Tickets, Multiple Dates | Eventbrite](#)

Sessions are 50 minutes duration (starting on the hour, between 10am and 3pm), and offer a variety of arty options to try, including:-

- Rock painting
- Wooden boat creation
- Paint a Picasso
- Feather wands with Jay Milera

Jasmine Swales and Sonya Rankine will also be attending and supervising the event, along with our amazing Port Vincent volunteers who will assist with setup and cleanup.

Places for this event are limited to 20 children per session.

If a child is under 6, a parent or carer will need to stay to supervise.

Please note: Painting and art can be messy. Please send your child in old clothes.

PORT VINCENT INFORMATION OFFICE NEWS

The cold weather has certainly kept people close to the warmth of home, with the VIO being fairly quiet this last month. It still seems to be worth the effort of opening on Saturday mornings for those who are around.

In the background, we have been busy with other things. We are applying for a historic grant to repair, mount and hopefully frame a map of the township which Colin Germein gave us. It is a very interesting piece of history and well worth preserving. Fingers crossed we win that grant.

Also in the planning stages is the Vincent Vitality event. We now have 24 confirmed organisations, groups or individuals attending on Saturday, Oct 21st in the Port Vincent Town Hall for this free event (Refer page 5 for additional details).

We are very grateful to those who have given up their time to inform us all of what is available out there for each and every one of us, to allow us to keep connected and supported in whatever age bracket we might land.

We are very excited to have Wendy Hall of Dementia Doulas International <https://www.dementiadoulas.com.au/> coming to speak, and to answer any questions you might have about supporting someone through their journey of dementia. This isn't something we've had on SYP, and some support as well as education could be vital to those who are on this journey. Check out the website, as not only do they support those in a voluntary capacity, but there are training opportunities for those within the health system to gain a better understanding of how to support people with dementia. Wendy is an experienced RN who moved into the area of paramedics, then into dementia counselling. She has written various books to assist people, so her experience and understanding makes it well worth coming along to listen and speak *one to one* to help you or a friend on this journey.

We also have RN and Stoma specialist nurse, Tim Garfield, with all the information and support options for those with a stoma – a very confronting time for anyone going through bowel cancer or any of the various health issues which result in having a stoma.

We are looking to have some presenters who are not the usual speakers and visitors at days like this. Often SYP gets a bit left behind when it comes to such services. There will be those groups and organisations who can help with all sorts of issues not just related to health. Ever wanted to join a group and found it just too hard to walk in by yourself? This is the perfect opportunity to meet with those who can ease that concern.

Looking forward to seeing you all there on Oct 21st. Let your friends know – it is more for locals than tourists, so come and see what we've got to share with you.

Julie Searle - VIO Secretary

VIO Phone: 08 8853 7283

portvincent.info@yorke.sa.gov.au



PORT VINCENT TIDY TOWNS REPORT

JULY 2023

Well, the town has been quiet in the last month. There have, however, been a few more people around with school holidays, which is normal for this time of the year.

The town bins have been cleaned on an *as needed basis*, and the walkways on the back beach have had broken boards replaced as necessary. We will be painting the foreshore playground in the next few weeks, weather permitting.

Numbers have been fairly low at the Tuesday work mornings, with some of our volunteers off sick or away on trips, etc.

To all of you who have been ill or at doctor's appointments, I pray that you are being looked after and are getting better.



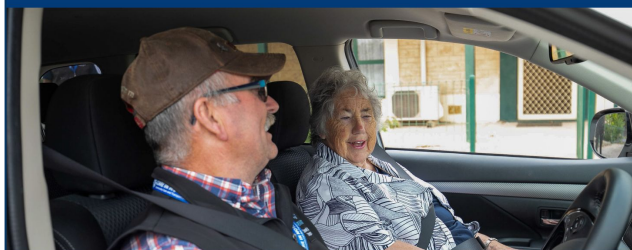
Rob Searle

Chairman Port Vincent Tidy Towns



CARE IN MOTION
Community Care and Transport Inc.

**We can help you....
You can help your community!**



Services

- Community Transport
Social, medical, business & more
- Community Visitors Scheme
Free service for isolated older people

Proud Partners
Yorke Peninsula
COACHES

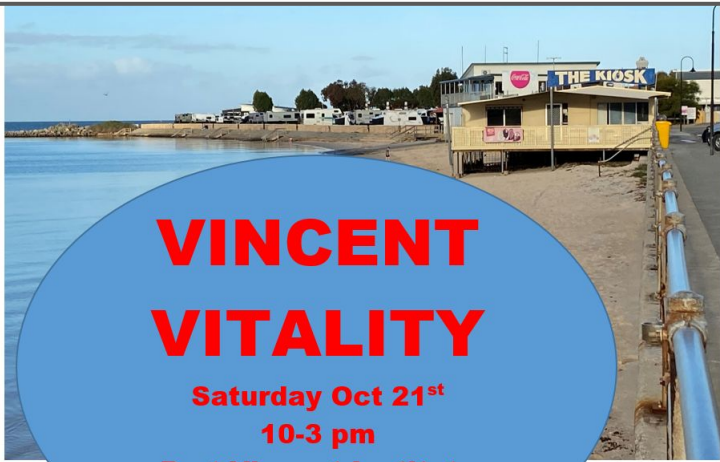
Volunteers Needed

- Driving
- Visiting
- Car Washing
- Flexible Hours
- Approved Centrelink
Activity



1300 132 932

www.communitycareandtransport.org.au



VINCENT VITALITY

Saturday Oct 21st
10-3 pm

Port Vincent Institute

Are you looking for
information -
connections -
social inclusion -

within your community to remain vital and vibrant in
whatever age bracket you are in?

We have organisations, groups and individuals coming
together to provide you with all you need to know

SAVE THE DATE - Oct 21st

Detailed program will be out at the end of September.



Above:

This photo was taken by Marilyn Lovelock from 1
Talbot Road.

The photo shows the paddock prior to the Vincent
Rise development - circa early 1980's.

Below:

This photo was taken on 29th July 2023 from the
same spot. Many houses have now been built in the
Vincent Rise development.



HOODED PLOVERS AND PORT VINCENT

The hooded plovers' breeding season is about to begin! Hooded Plovers can lay their nests as early as
August.

How can you help??? It is important to walk on the wet sand at this time of year and to keep dogs
leashed to ensure that these beautiful birds and their eggs are not disturbed or attacked. Please be
aware that Hooded Plovers could be present on the sands in and around Port Vincent. ***Their nests are
well camouflaged and can accidentally be crushed by humans and dogs.***

If anyone is interested in becoming a volunteer, they can register here:-

<https://beachvol.birdlife.org.au/login/index.php>

**If there is enough local interest, BirdLife Australia will look at running a workshop
over the coming months.**



Hooded Plover

Scientific name *Thinornis cucullatus*

Bird family [plovers and dotterels](#)

Status [Vulnerable \(VU\)](#)

GALA DAY is returning January 1st 2024 !



We are excited to announce that Gala Day will be back in 2024. Gala Day holds many great memories for family and friends of Port Vincent. Firstly, we would like to acknowledge our wonderful sponsors in the past for their generous donations.

Gala Day 2024 will be an afternoon/evening of events where entertainment will start from 2pm in the afternoon and run to 9.30pm with a conclusion of fireworks. The committee is looking to create a family friendly event that will support our local businesses and trades as well as bringing together our community.

This year the fireworks have been organised by a private investor. However, we are still seeking sponsorship to fund our entertainment and family friendly activities for all age groups. We have the goal of creating a family friendly event that will showcase our wonderful town.

To help organise Gala Day, we have formed a new sub-committee of the Port Vincent Progress Association. The Port Vincent Progress Association are a non-for-profit organisation - the voluntary members on the committee work together and liaise with the Yorke Peninsula Council to voice the needs and concerns of the community. Port Vincent Progress relies entirely on fundraising, donations and grants to finance projects.

The major projects that Progress are currently working towards are:-

- rejuvenating the community oval to make a space for families and friends to enjoy, which includes open play spaces, a playground and BBQ.
- replacing the foreshore wharf amenities.

Page 7 outlines the incentives, should you decide to become a sponsor. Regardless of the amount you choose to donate, your name will be included in our event program, and you will be included in the press release that we will publish on our website. We are accepting cash donations as well as donations of goods or services. Feel free to make a contribution that you are comfortable with.

We would like to thank you in advance for your generosity.

Please do not hesitate to contact Kristan directly at 0427 839 695,

or pvpaevents@gmail.com if you have any questions.

Yours Sincerely

The Gala Day Committee

Port Vincent Progress Association

Sponsorship Levels

Rainbow Sponsorship Level - any value below \$250

- Business/Name Listing in Event Programme

Bronze Sponsorship Level - \$250

- Business/name and sponsorship level included in all event programming
- Recognition of your businesses support on social media platforms prior to the event

Silver Sponsorship Level - \$500

- Business/name and sponsorship level included in all event programming
- Recognition of your businesses support on social media platforms prior to the event
- Advertising signage at the event

Gold Sponsorship Level - \$1000

- Business/name and sponsorship level included in all event programming
- Recognition of your businesses support on social media platforms prior to the event
- Advertising signage at the event
- Verbal announcements of support at the event

Major Sponsorship Level - \$2500 and above

- Business/name and sponsorship level included in all event programming
- Recognition of your Businesses Support on Social media platforms *pre and post* the event
- Advertising signage at the event
- Verbal announcements of support at the event
- Named as a Community Supporter on the Port Vincent website for 12 months

Payment Options:

Please indicate your preferred sponsorship level.

If you wish to make your donation by cheque please, provide the following information and post to: PVPA – Gala Day, PO Box 92, Port Vincent SA 5581

Name and Position:

Company Name:

Email Address:

Phone Number:

Select a Sponsorship Level:

☐ Major ☐ Gold ☐ Silver ☐ Bronze ☐ Rainbow

PVPA – Gala Day Direct Deposit details:-

Port Vincent Progress Association

BSB 105 064 ACCOUNT 033 726440

Please use your **business name** or **surname** as your reference .

**** please send an email notification of your sponsorship to pvpaevents@gmail.com**

Thank you for your Generosity

2024 PORT VINCENT GALA DAY SNEAK PEEK

FEATURING: GERMEIN

**BACK FROM THEIR
INTERNATIONAL TOUR**



FIREWORKS



FLINDERS GIN

**55
75**

CHINLATON



AMAZING DRUMMING MONKEYS

- LOCAL STALL HOLDERS •
 - FOOD VENDORS •
 - KIDS ENTERTAINMENT •
- AND SO MUCH MORE TO COME**
MORE BANDS ANNOUNCED SOON

OUR NEW TWILIGHT EVENT
NEW TIME: 2PM TIL LATE

The 3 Generations and Friend Art Exhibition

Open for visitors Monday to Friday, from 9am to 5pm, throughout the month of August in the Centennial Park Jubilee Complex Foyer - Pasadena



The Opening of this exhibition was held on Sunday, 30th July. There was a great turnout to see the artwork on display, and all those in attendance had the opportunity of meeting the artists and discussing their works.

The captivating and inspirational 3 Generations and Friend Art Exhibition is currently showcasing in the Jubilee Complex Foyer as part of SALA 2023. The exhibition features works by Allyson Parsons, her mother Marie, son Henry Cockington, and friend, driftwood sculptor, Alan Borg.

Port Vincent and Yorke Peninsula residents are aware of the talents of this exceptional family, and of Alan Borg. This exhibition highlights new still life works and breathtaking landscapes from Yorke Peninsula, Kangaroo Island, the Flinders Ranges, the West Coast and beyond. This family's artistic talents are on display – pastel work from Marie and oils from Allyson and Henry. Friend Alan Borg's remarkable and majestic sculptures of animals, including sea creatures and birds, have been crafted from driftwood sourced along Australia's picturesque coastline.

Art has a way of offering comfort, inspiration, and a sense of peace. These remarkable artworks will transport you to serene locations, providing solace and a feeling of being present in those tranquil settings.

NEW MEDICAL CENTRE IN PORT VINCENT, YORKE PENINSULA



In recent years, due to a shortage of essential health services in our region, people are leaving their towns, and businesses are closing. More importantly, it has become problematic for our retired community. People must travel a long distance to see a doctor or attend a GP clinic.

Doing nothing is not an option. More people will leave their towns, more businesses will close, and fewer tourists will be attracted to the region.

Now is the time to act. Together we can prevent this happening. Port Vincent Pharmacy has recently purchased the adjacent land attached to the Pharmacy to establish a Medical Centre in our town.

Port Vincent Pharmacy needs government grant funding assistance to complete this essential community project.

Establishing a General Practice Clinic Service closer to our community not only will attract doctors and nurses to the region, but it will also increase business activities and the wellbeing of our community.

Ghafar Sarvestani, PhD

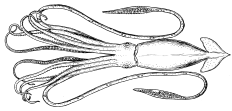
**Port Vincent Pharmacy
4B Main Street,
Port Vincent, SA, 5581
Tel: (08) 88537146**

Please show your support by signing below:

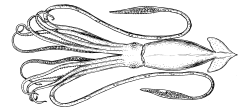
Editor's Comment:-

This is an amazing opportunity to have a much needed medical clinic based at Main Street Port Vincent, alongside the pharmacy. (the former site of the Chillout).

Chris Keys has already incorporated the Chillout breakfast and lunch business with the *Providore* evening meals business, on the corner of Main Street and Marine Parade.



FISHING REPORT



Well, winter is well and truly with us, and it has brought with it the annual bloodworm run. I take my hat off to the hardy souls who braved the near freezing conditions to gather them. They are a great bait, and you deserve all the fish you catch with them.

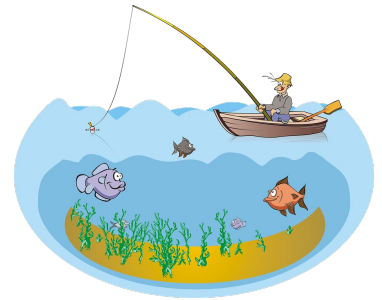
The King George Whiting are on the improve, both north and south of Port Vincent. They are in prime condition, and you don't have to measure many.

Squid are also plentiful, both from boat and wharf, and some are monsters!

There are still tommies at the wharf, but they are mostly small. Mullet are still around the cemetery area.

There are schools of salmon in the area, but mostly around Sheoak Flat beach. They are taking lures.

I have not noticed any work being done on the damaged jetty, but I suppose we are only a small country town that probably votes the wrong way.



Tight Lines - Wayne Crouch

Presented by Ardrossan Sit & Sew
(Affiliated with SA Quilters)

SPRING CRAFT FAIR

Saturday 16th September 2023, 9am - 4pm
Sunday 17th September 2023, 9.30am - 1pm

Ardrossan Town Hall

Gold coin entry

On display
Ardrossan Museum and Men's Shed along with local quilters and embroidery groups.

Trading tables of handcrafted items and plants for sale. Raffle.
Morning and Afternoon Tea supplied by the Ardrossan Angels

PLEASE BRING CASH.
NOT ALL STALLS WILL
HAVE EFTPOS AVAILABLE.

*TO ON AUSTRALIAN BLUES & ROOTS AIRPLAY CHART

JO FABRO

DON'T MAKE A ...

CANCELLED

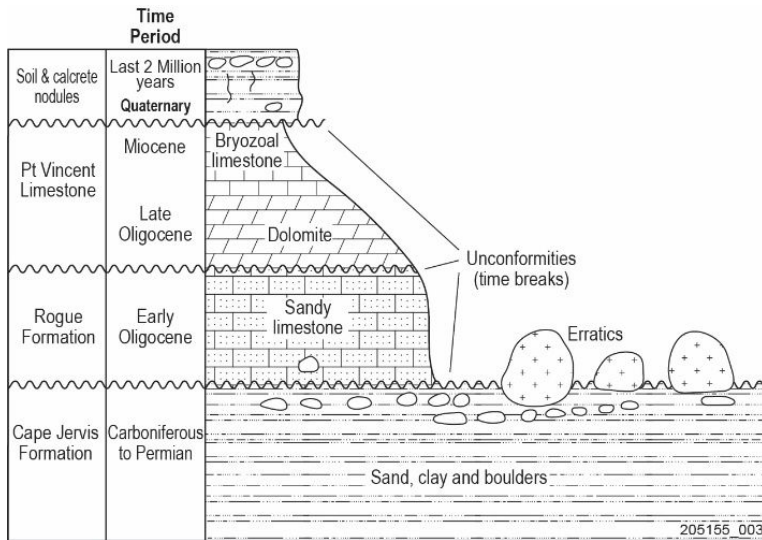
BARLEY STACKS WINERY
SOUTH KILKERRAN
7.00-9.00PM
TICKETS: \$22.00
KIDS UNDER 12 FREE
BYO FOOD
[HTTPS://WWW.TRYBOOKING.COM/CJHOF](https://www.trybooking.com/CJHOF)
@JOFABROMUSIC
WWW.BARLEystackswines.com/

BARLEY STACKS WINES

8834 1258 | barleystackswines.com

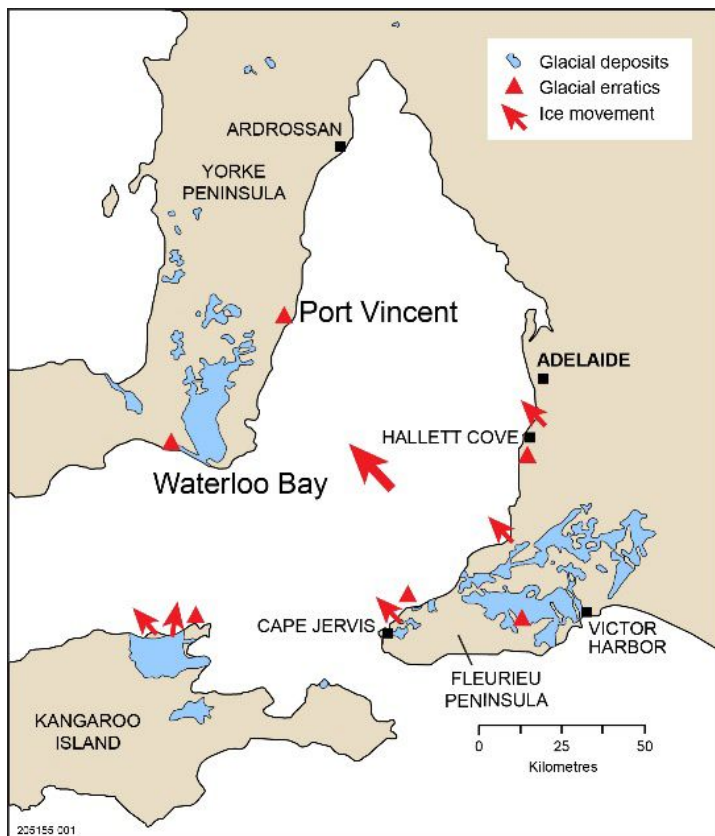
A walk from Glaciers to Tropical Seas at Port Vincent

When you walk along the nature trail to the north of the marina, you're traversing approximately 300 million years of earth history from glaciers to tropical seas!



Left: The rock record preserved in the cliffs north of Pt Vincent. The curved lines represent unconformities - gaps in the record caused by erosion.

You can see evidence of an ancient glaciation on the beach north of the marina at low tide. 300 million years ago, Australia was part of a vast ice-covered supercontinent called Gondwanaland which was gripped by an ice age that lasted 100 million years. On what is now Fleurieu Peninsula, glaciers carved deep 'U-shaped' valleys and carried the eroded debris towards Yorke Peninsula. Geologists have deduced the direction of ice movement from striated and polished bedrock surfaces at places like Hallett Cove and Glacier Rock.



The Erratics

Three large granite boulders on the beach north of the marina are known as erratics because they are different from the rocks seen around Pt Vincent, and do not fit Yorke Peninsula geology. If you continue to walk north along the beach, you'll see many more erratics exposed at low tide on the beach. The type of rock and direction of ice movement provide evidence that these erratics were transported by glaciers from exposed granites in what is now the Murray River region, over 120km away. Similar erratics can also be seen on beaches in Waterloo Bay, including enormous 'whale back' granite boulders.



Above: Measured directions of ice movement.

Port Vincent Erratics (continued)

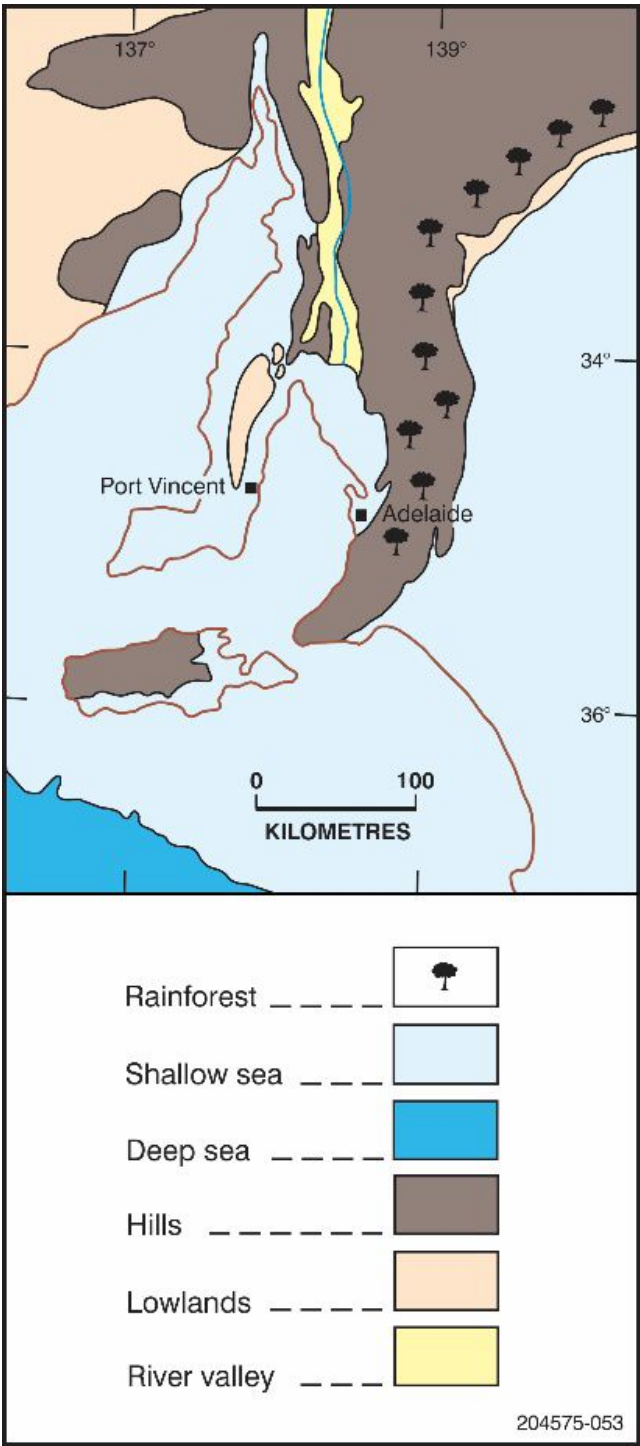
Once the melted ice, extensive coal swamps developed in central and eastern Australia, but here a long period of erosion occurred, and there's a gap on the rock record. Around 160 million years ago, Gondwanaland broke up. Australia separated from Antarctica and started drifting north - a journey that still continues today.

The cliffs above the nature trail are made of Rogue Formation and Pt Vincent Limestone, which were deposited in ancient seas 10-30 million years ago. Back then, most of Yorke Peninsula was under the sea, and the Mt Lofty Ranges were covered by rainforest. The contact between the glacial rocks and the limestone represents a break in the geological record of about 240 million years - such a break is known as an unconformity.

Below: Interpreted environment during deposition of the Port Vincent Limestone.



Right: Exposure of the Pt Vincent Limestone on the trail.



The Rogue Formation is poorly exposed, but consists of marine sandstones and silicified layers with fossil molluscs. It is overlain by the buff-coloured Pt Vincent Limestone which was deposited during the Oligocene-Miocene between 10-30 million years ago. The Pt Vincent Limestone consists of layers of sandy fossiliferous limestone and silty limestone deposited in a shallow sea. Geologists have studied outcrops and fossils around the state to reconstruct the geography, and, as the map shows, it was very different back then. Yorke Peninsula was mostly under the sea, and the Mount Lofty Ranges were covered with rainforest. Fossils, best seen on the beach in the boulders of Pt Vincent Limestone, show evidence of the rich marine life that used to live in the ancient tropical sea. Fossils include bryozoa (marine moss animals that form lacy colonies), rare sea urchins, coralline algae, lampshells and molluscs.

The cliffs are capped by sand from 1.8 million years ago through to modern day, clays, and the white limestone soil nodules (calcrete) which occur over much of Yorke Peninsula. The calcrete nodules were used to build local houses, walls and farm fences. Mining occurred between 1890-1950 when the nodules were burnt in kilns on Yorke Peninsula to make lime which was bagged and transported by ketches to Adelaide for use in building mortar.

The cliffs have slumped in places, causing the hilly topography and benches on the nature trail.

The Narungga People continue to play an active role in caring for their Country, and you can read their interpretation of these boulders by the Marina Lookout.



**Residential Sales - Rural Sales - Market
Appraisals
Valuations - Property Management**

**"The Grainstore" 5 Main Street
Port Vincent SA 5581**

PH: 08 8853 7018 or 88537383

Email: admin.yv@eldersrealestate.com.au

www.eldersyorkepeninsula.com.au



CALLING ALL YOUNG ARTISTS

**WE WOULD LIKE YOU TO DRAW AN
ADVERTISING POSTER -**

*****MARITIME THEMED*****

**FOR THE SALTWATER CLASSIC
WOODEN BOAT FESTIVAL
DETAILS WE REQUIRE ARE:-**

Dates: 13th and 14th April 2024

Where: Stansbury and Port Vincent

Content: Drawings of wooden boat/s

The winning entry will be used to advertise the event



Entries can be submitted to the

Port Vincent Newsagency, or scanned and emailed to

rjstumm@bigpond.com

by Sunday 1st October 2023

If emailing please keep the original in case you win the competition

PORT VINCENT



0417 861 830

Established in 1981

- New Homes
- 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
- Drain Jetting and Drain Inspection Camering
- Septic Tank Cleaning
- Cold Water Services
- Pumps & Water Softeners

0417 861 830

Licence Nos:

EPA 14457

PGE 150827



**WE ARE NOW PORT VINCENT'S
ORIGIN ENERGY OUTLET**

**A huge thank you to Geoff and Robyn
for their seamless handover**

**Wishing them all the best in
retirement**

**45kg swap over gas bottles will be delivered
Fridays after lunch unless otherwise arranged**

SWAP & GO AVAILABLE MONDAY TO FRIDAY BEFORE 8AM

**Contact Shane on 0417 861 830
3 Ventnor Street Port Vincent**



FRASER ELLIS MP

MEMBER FOR NARUNGGA



Narungga July news

Standout announcements this month included the allocation of \$3.04 million from the South Australian Boating Facilities Fund to upgrade the Marion Bay boat ramp, and the investment in 24/7 security guards at Wallaroo and Port Pirie hospitals. The safety of staff and patients at regional hospitals must be paramount over all other considerations.

Another recent highlight was the announced action plan to scrap the current 100 km/hr default speed limit on our beaches to a safer 40 km/hr, and down further to 25 km/hr around pedestrians. Constituents wishing to share their views on this proposal are welcome to make contact.

At time of writing today, school has resumed for term 3 and coinciding is the mandated banning of mobile phones in all classrooms of SA's 158 public secondary schools. More than 130 high schools had already introduced the ban earlier in the year but now the state-wide ban applies, the rules being that all public high school students must switch their devices off or onto flight mode and put them away during school hours, during break times and on school excursions. The roll out of this widely welcomed policy was supported through the State Budget with \$515,000 allocated to assist schools with practical requirements such as pouches, lockers, and other infrastructure to successfully implement this policy. (It is noted that principals can approve individual student exemptions in specific circumstances).

Whilst Parliament has risen for the winter break, the committee work continues behind the scenes. I have been appointed to two Select Committees – one looking at the development and deployment of Artificial Intelligence and potential economic, social and ethical implications; and the other investigating the Legalisation of Medicinal Cannabis. I encourage constituents with any views on these topics to contact me at the electorate office. For terms of reference and further information visit www.fraserellis.com.au

Grants

Grant programs currently open include the Regional Capability Fund for Farm Firefighting Units (Round 2 closes 4 August); the \$5 million Enabling Infrastructure Program for regional projects; and the soon to open (31 July) Round 2 of the South Australian Tourism Commission's \$2 million Experience Nature Tourism Fund.

Of the latter, grants of between \$10,000 to \$50,000 are available for new and improved nature-based tourism products or experiences in or near a national park or reserve and eligible applicants include private sector businesses, non-profit organisations and community associations. For more information visit www.fraserellis.com.au

37 Graves Street, Kadina SA 5554 T | (08) 8832 2455

E | narungga@parliament.sa.gov.au W | www.fraserellis.com.au

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THE SOUTH AUSTRALIAN COUNTRY WOMEN'S ASSOCIATION INC

Central Yorke Peninsula Branch (Amalgamating Curramulka, Minlaton & Pt Vincent Branches)

The office bearers for SACWA Central Yorke Peninsula Branch for 2023-24, elected at their recent Annual Meeting meeting, were:-

President:	Kathleen Baker	Treasurer:	Jenny Highett
Vice President:	Jenny Highett	Handicraft Officer:	Jenny Highett
Secretary:	Helen Joraslafsky	International Officer:	Margie Rowley
Assistant Secretary:	Di Galloway	Media Officer:	Helen Joraslafsky

DID YOU KNOW?

SACWA supplies Baby Parcels for mothers in need who have insufficient clothing or items for a baby on leaving hospital.

We rely on recommendations from Rural Counsellors, Welfare Officers, Financial Counsellors, Ministers of Religion, Directors of Nursing, and members of SACWA.

Members of the public can support this valuable project with monetary donations, making items, or assisting in putting the parcels together. Please refer Page 17 for additional information.

All items MUST be new. Items required for the parcels are:-

- 3 in 1 suits - long sleeved for winter; newborn (000) to 3 months (0)
- 3 in 1 suits – short-sleeved/sleeveless for summer; newborn (000) to 3 months (0)
- Rugs/blankets – up to 1 metre square
- Flannelette/muslin wraps
- White baby towels and face washers
- Matinee jackets – knitted, crocheted, fabric; chest size 40.5 cm (16")
- Singlets/vests - newborn (000) to 3 months (0)
- Bibs – assorted sizes
- Socks or booties – socks are more popular; newborn
- Hats/beanies – to fit 35.5 cm circumference (14") approximately
- Mittens – newborn
- Toys – knitted or sewn; no buttons or beads, embroidered faces
- Burp cloths
- Sheets of wrapping paper, to cover the box.

These items, in bright colours, are supplied to the APY Lands.

Monetary donations can be made to SACWA Emergency Aid Fund, marked 'Baby Parcels'. Contact CYP Branch Secretary or SACWA on 8332 4166 for more information.

The next branch meeting will be held in the Minlaton rooms at 9.30 am on Monday, 7 August. As usual, the meeting will be followed by lunch and a handicraft afternoon. Visitors are most welcome to attend all meetings.

The Vincent Cottage Annual Meeting will be held at the cottage on 31 July, with the Spencer Group Annual Meeting at Maitland on 14 August.

**For more information, call President Kathleen Baker on 0428 746 018,
or Secretary Helen Joraslafsky on 0419 001 420.**

Helen Joraslafsky
Branch Secretary

DID YOU KNOW??


Several years ago, Beth Fairlie (with the support of the Port Vincent Progress committee) mooted the idea of a breezeway/access/entry at the Port Vincent Institute.

With grant assistance from Local Roads and Community Infrastructure Program, funded by the Australian government and selected by Local Government as a priority project, this idea became a reality. The funding received was \$35,000, with a further contribution from the PVPA of \$15,000, and with project management from the YP Council, this project has come to fruition. We are sure you will agree that it certainly was worth the wait!

What an incredible job has been done to ensure that the new addition blends so well with our historic building.

Our thanks to all those who worked on this project.





The South Australian Country Women's Association Inc

BABY PARCELS


Each parcel contains the following

• 3 all in one suits	Long sleeve for winter Newborn (000) to 3 months (0)
• 3 all in one suits	Short sleeve/sleeveless for summer Newborn (000) to 3 months (0)
• 2 rugs/blankets	Up to 1 metre square approx
• 2 flannelette/muslin wraps	
• 1 white baby towel and face washer	
• 2 matinee jackets	Knitted/crocheted/fabric Chest size 40.5cm (16")
• 3 singlets/vests	Newborn (000) to 3 months (0)
• 4 bibs	Assorted sizes
• 2 pairs of socks or booties	Socks are more popular Newborn
• 3 hats/beanies	To fit 35.5cm circumference (14") approx.
• 1 pair of mittens	Newborn
• 2 toys	Knitted or sewn No buttons or beads. Embroidered faces
• Burp clothes	
• 2 sheets of matching wrapping paper to cover the box	

APY LANDS BABY PARCELS

All of the above in bright colours ie red, navy, yellow, green

Donations of the above items are gratefully received.
Monetary donations can be made to SACWA Emergency Aid Fund marked "Baby Parcels" which assists us to purchase all in one suits, singlets, towels, and other necessary items.





Catalyst Foundation



#MyLifeChoices
DISABILITY, AGEING
AND LIFESTYLE EXPO

"Event Details"

3 August, 2023
(10 am to 3 pm)
SA Regional Disability, Ageing and Lifestyle Expo + Networking Dinner

4 August, 2023
(10 am to 3 pm)
Regional SA Wellbeing Forum

"Venue Details"

Copper Coast Sport and Leisure Centre
(Indoor Courts)
1 Doswell Terrace
Kadina 5554



**3 & 4
AUGUST
KADINA, SA**

FREE ENTRY

SA's Regional Disability, Ageing and Lifestyle Expo

Regional SA Wellbeing Forum

For More Information, Contact:
Catalyst Foundation
08 8168 8704
events@catalystfoundation.com.au

Supported by:





MONDAY'S FELLOWSHIP GROUP

June 26 - It's been five weeks since our last meeting, so it was great to welcome members along today. Eight members began the day with the Greeting Song and minutes were read. Whoops, we forgot to do our finger exercises. Unfortunately our guest speaker was unable to make the meeting, but it was a great chance to catch up with everyone's news. A reminder about bringing a *Show and Tell* item was discussed. July meetings will be a talk from Wendy McDonald and a visit to the Stansbury Museum, and lunch at the Blue Lime Cafe for Jeanette's Birthday.

Members enjoyed some games of hoi before lunch time. A variety of hot and cold savouries were enjoyed along with Verna's apple crumble.

July 10 - Six members attended today's meeting and began with our song and minutes were read. Apologies came from Joy, Shirley and Marilyn. Geraldine brought along to *Show and Tell* a wooden bowl featuring a wooden handle up the middle...?? What was this? And what could it be used for? Members were baffled.

With cuppas in hand, members settled in to listen to Wendy and her adventurous trip up north. Wendy travelled with Rosemary and met up with three extra travellers at Port Augusta.

The first day was a big one, travelling 985 kilometres and arriving at Cadney Homestead Roadhouse where they camped for the night after having travelled through Pimba, Glendambo and Coober Pedy. On the second day, they headed for Alice Springs after stopping off at Marla, Kulgera and Henbury Meteor site.

No accommodation available in Alice due to other functions, so they travelled an extra 700 kilometres to Glen Helen for a couple of nights. Next day, on to see Palm Valley, an oasis in the desert, then on to Hermansburg on the Finke River where famous artist Albert Namatjira was born.

Next stop was Stanley Chasm, and after viewing the magnificent scenery, it was back to Alice with a visit to the Telegraph Station established in 1871.

Onward to Barrow Creek, Devils Marbles, and spent the night at Tennant Creek. 600 kms travelled that day. 570 kms later, arrived at Mataranka to set up home for the next seven days.

The boys fished every day, and the girls relaxed in thermal pools. We visited Bitter Springs, Roper Bar and Cutta Cutta caves. The girls had a day away from camp to travel to Katherine for a cruise.

Next day they visited Elsay homestead replica and cemetery, and that brought them to the end of part one of the journey. Part two of the trip will be told next month.

Members stopped for lunch of a variety of treats, followed by Jeanette's famous champagne sponge for dessert. Thanks to Geraldine for her kitchen duties, and to Jude and Wendy for their washing up duties.

July 24 - What a lovely day with the sun shining and no wind. Six members and two visitors met at the church and we travelled to Stansbury.

We arrived at the museum in time for a chat with Lee and morning tea of scones and hot drinks. What a wonderful place to visit. Members spent almost two hours wandering through rooms and sheds full of old relics and things of the past. Such wonderful memories were recorded by us all. Members had a bit of fun with old fashioned hats, and photos were taken.

Then it was off to the Blue Lime Cafe for a delicious lunch. Cards were given to Jeanette, and after much chatter and with bellies full, we drove back to Port Vincent and stopped at Marilyn's for another hot drink and a pavlova with candles to celebrate Jeanette's birthday. A lovely day with friends spent with a good meal, drinks and looking back on old times.

Note - Members would love to welcome newcomers to our club which meets at the Uniting Church hall every second and fourth Monday of the month. For more information, please call in the drop-in centre/op shop any Wednesday or Friday from 10am to 12 noon.



Left: (from L to R)
Shirley, Sue and
Muriel having some
fun with hats at
Stansbury museum.

Right:
Jeanette celebrating
her Birthday.



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\$5 per session

no booking required

For all enquiries: Pam Hickman 0409 537 252 or Jo Minks 0437425008.
Follow us on Facebook: Easy Moves Exercise - SYP



SYP COMMUNITY HUB

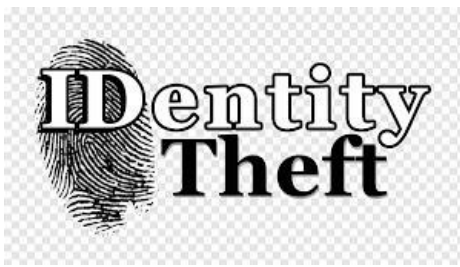
These winter months have been very exciting and busy at the SYP Community Hub.
Activities undertaken included:-

- Weekly digital technology workshops
- Day trip to Spectrum Writing in Adelaide for 12 young people
- Hosted a meeting for young families to talk about the decision by SA Health to base all Peninsula CAFHS services out of Kadina
- Supporting Nourished by Jo school holiday workshops
- Supporting SOS Yorkes with "Dev Lights Up"

Upcoming events will include:-

- Visit to Barossa Bushgardens (date to be confirmed)
- Ageing Well Forum (date to be confirmed)
- "Open house" opportunities at the Hub to discuss your ideas for services the Hub could provide in the future. The first of these was held on July 28th.
- Youth evening get together with music by Jacob Gutsche for 17-24 years old at the Melville Hotel from 6pm

**For further details on any of these, please call the Hub on 88521820, or
drop in and see us at 33 Stansbury Road Yorketown
between 9-5 Monday and 9-2 Tuesday, Wednesday, Thursday and Friday.**



Thank you to:-
Senior Constable 1st Class
Kayt Howe for this information.

For further information, or to
report a scam please visit

www.scamwatch.gov.au

or Phone 131 444

OPTUS – MEDIBANK - ???

It's not a question of IF another major breach of personal data will happen, but WHEN. So what can you do to protect yourself, and what action can you take if you think your data has been compromised?

The personal data obtained in these types of hacks is commonly your name, date of birth, address, email address, phone number, and in some cases, a driver's licence number.

Now, if you've ever applied for credit, those details will sound familiar. Finance companies utilise these to access your credit report to assess your credit risk. Unlike in the past where you may have put on your Sunday best and gone to your bank to apply for a loan, now it's possible to put these details into an online application that can be approved without even leaving your home. A thief using your identity can open multiple accounts with online lenders, and have destroyed your credit rating before you even know it's happened.

How do you protect yourself:-

1. **Bank & Super Accounts** – set up two factor authentication. This is where anyone accessing your account online must enter a code that is sent to the owner of the account before access is granted. This is often done by SMS (the bank sends you a text with a six digit code), or even more secure, an authenticator app is used. This app generates a new code every minute, and the app is accessed with a secure identification pin by you. *If you have the option for an authenticator app, use it*, because the weak point in SMS two factor authentications is your phone....
2. **Mobile phones:** thieves are good at convincing phone companies to port your number to a new service, or that you need a new SIM for your phone and getting it sent to them, the same phone that you may use for the two factor authentication codes. The first you know of any problem is that your phone goes dead and then you have to convince your phone provider that it is in fact a criminal that has been given access to your phone. The ever helpful phone company will then tell you to present at their nearest physical outlet with 100 points of ID. *Not very helpful if you live in regional areas where no physical outlets exist.* Meanwhile, the thief has access to your texts with the authentication codes. With the price of fuel, no one wants to be driving to Adelaide to get a new SIM card. Talk to your service provider about putting a verbal PIN on your account, whereby a new SIM cannot be issued without that verbal PIN being provided. If you use your phone for email, Paypal, two factor authentication, recording your PINS or Security Passwords (which you shouldn't do) or anything that has links to your financials, **MAKE SURE YOU HAVE A SECURITY CODE** to open the phone. Otherwise, the first thief who picks it up has open access to everything. A browser search will show up your financial institution, and the ever helpful password manager fills in your account and password whereby the thief then has full access to your funds. Transfer to a crypto wallet as they are untraceable.
3. **Your credit** – Freeze it! Either contact the three credit agencies - Equifax, Illion and Experian - who may charge a fee, or use an app like Credit Savvy for no charge. **Put a ban on your credit file.** This will stop criminals from accessing credit in your name, and destroy your credit rating. If you require credit yourself, you will need to temporarily lift the ban to allow access then put it back in place once your credit application has been assessed.

If you're having trouble securing your data, then contact IDCARE, a fee free charity set up that provides the best advice on how to respond to identity theft and online scams. Access online at www.idcare.org, or if you've had your identity stolen, report online at www.cyber.gov.au

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SAF10 REPORT - AUGUST 2023



No call outs recently, aided by the windy cold winter weather, which keeps most boaties at home, although some sunny breaks with winds dropping have seen a few boats out.

SAF10 crews have been out 4 times for night training in the area of Port Vincent bay. Members need to build up their training night hours on water. Coxswains/skippers also attended to replenish their current skills.

Perry Woodward and Richard Ellis supervised these nights and returned to base each time to hot soup and curried sausage or quiche.

The winter months are upon us, but training continues, offering members Coxswain Course work and G.P.H. (General Purpose Hand). A very good Certificate for a young person to have on their resume. Radio VHF Courses and Marine Safety are offered to all, as well as First Aid with CPR.

We look to recruiting new volunteer members now, ready to assist with the coming summer boating season. MUST be 18 years and over to apply.

With winter time boating, it is important to maintain batteries and your safety equipment. Life jackets are a must, and fire extinguishers to be serviced annually.

Tide charts are ready from the printer. We thank Adelaide Tarp Specialists for their ongoing support.

Safety By All Means

Maxine Taylor

SAF10 FAO - 18th July 2023



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NO JOB TOO BIG OR TOO SMALL

CRICKET ON THE PORT VINCENT OVAL - CIRCA 1960's

Thank you to Marilyn Lovelock for this amazing photo, taken by her father, Vic Wheare.
Additional photos will be printed over the coming months.



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PORT VINCENT **UNITING CHURCH**

Affiliated with Generate Presbytery
Main Street, Port Vincent



WORSHIP SERVICES

August 2023

Every Sunday at 10am

ALL WELCOME

Please refer to noticeboard
at the front of church

DROP-IN CENTRE/CRAFT **GROUP and OP SHOP**

*Everyone is welcome to call in on
Wednesdays and Fridays from 10am
to 12 noon for a chat, hot drink and a
browse. Check out our craft section.*



MONDAY'S FELLOWSHIP **GROUP**

August 14th and 28th

VISION

CHRISTIAN MEDIA

Vision Christian Radio can be
heard on the FM band on 88.0MHz
24hrs throughout each day in Port
Vincent featuring great Christian
music and radio presenters.

Daniel and the Lions' Den

Daniel is raised to high office by his royal master Darius. Daniel's jealous rival tricks Darius into issuing a decree that for 30 days no prayers should be addressed to any God or man but Darius himself. Anyone who disobeys this edict is to be thrown to the lions. Pious Daniel continues to pray daily to the God of Israel and the king, although deeply distressed, must condemn Daniel to death and this cannot be altered. Hoping for Daniel's deliverance, Darius has him cast into the pit. At daybreak the king hurries to the place and cries out anxiously asking if God had saved his friend. Daniel replies that his God had sent an angel to close the jaws of the lions, because I was found blameless before Him.



*The story of Daniel teaches us about
the promises and faithfulness of God
even if we feel like everything has
been lost. To pray always and to
forgive. Trust in God and stand firm
in your faith.*



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August is Dental Disease Month!

What is dental disease?

Dental disease occurs when a plaque like substance builds up over teeth in cats and dogs. It most commonly builds up on the outside of the teeth. The plaque is a great environment for bacteria to thrive. This results in bacteria moving to gums and causing inflammation and infections. The bacteria can then travel to tooth roots and causes abscess and even travel through the bloodstream to affect the whole body.

What are the consequences of dental disease?

It is painful! Dogs and cats express dental pain differently to humans, but a lot of studies have identified that this is a painful disease and should be treated. Other consequences of dental disease are tooth root abscess or bacteria migrating around the body. Mouths have a lot of blood vessels, therefore when bacteria migrate to gums, they also have access to the bloodstream. Persistent bacteria in the bloodstream can result in liver disease, kidney disease and even heart disease, such as heart murmurs.

Eight signs of dental disease:-

1. Constant smelly breath
2. Becomes fussy with food, especially hard food such as bones or dry biscuits
3. Chews food and then spits out
4. Bleeding or very red gums
5. Discoloured teeth
6. Weight loss
7. Pawing at mouth
8. Head shy



Prevention of dental disease:

Prevention of dental disease is easier than treatment. However, prevention cannot cure established dental disease. There are a range of things pet owners can do to prevent. The list provided below is listed from good prevention to the best prevention of dental disease.

- Dry biscuits
- Dental chews (must chew over 15 min to be effective!)
- Specialised dental diet
- Oxy fresh water additive
- Brushing teeth

Good



Best

Treatment:-

When pets have established dental disease, the best way to treat this is for a dental procedure to be undertaken at a vet clinic. This involves examining each individual tooth and cleaning all teeth so they are in perfect condition. Sometimes teeth may have to be removed if the disease is going to cause longer term issues.

If your pet shows any of the 8 signs of dental disease, or would like to talk to the vet clinic about dental disease, please contact Vet 2 You for further information.

COMMUNITY ACTIVITIES

MONDAY :

Monday's Fellowship Group - Uniting Church Hall
2nd & 4th Monday of each month 9.45am-1:15pm
Lunch provided - all welcome.

RSL Meeting -in RSL room at the Memorial Bowling Club
2pm on 4th Monday of each month.

SACWA Monday 7th August - Minlaton

TUESDAY :

Tidy Towns - working bees 8:30am - 12noon

Ladies' Golf (Winter)

Trash 'N Treasure - St Neot's - **In Recess until 29th Aug**

Senior Citizens each week 1:30pm BBQ lunch 1st Tuesday
of the month 12:30pm February-December

WEDNESDAY:

Men's Golf (Winter)

Port Vincent Uniting Church

(affiliated with Generate Presbytery)

Drop-in Centre 10am - 12noon - Uniting Church

Winter Bowls - BBQ lunch at 12, bowls to follow

THURSDAY: Progress Assn meeting at 7.30pm on 1st
Thursday of the month - Institute Supper Room

Ladies' Bowls (Summer)

Library 9.30 - 11.30am in Institute

Meals on Wheels delivery

Coast Guard Flotilla Meetings 3rd Thursday

Twilight Bowls (Summer)

FRIDAY :

Port Vincent Uniting Church (affiliated with Generate
Presbytery) **Drop-in Centre** 10am - 12noon

Podiatrist in Dr's rooms, Senior Cits Hall- by
appointment. Contact Paul Cremers 0439 407 976 for
appointment days/times

SATURDAY:

Men's Golf (Winter)

Open Gender Bowls (Summer)

Coast Guard Training 1st Sat of the month 9am

Trash 'N Treasure -St Neots - **in recess until 26 August**

Water Tower Mural Tours - currently in recess

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

Social Bowls - Winter - 1pm for a 1:30pm start

Water Tower Mural Tours - currently in recess

*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

*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.*

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