



## AGM President's Report

The past 12 months has seen The Port Vincent Progress Association start to work towards organising events and activities again after a few years of down time. It will be wonderful to see the community come alive this New Year's Day with the relaunch and new look Gala Day back on the calendar.

Once again, the committee was pleased with the pop-up kids' activities over the January 2023 school holidays, which were well received by locals and visitors to the community.

The Institute is seeing some further improvements with the accessibility breezeway complete, the brainchild of former long standing member Beth Fairly. A new projector, sound and screen system will be installed next month, thanks to funding provided through the Strengthening Rural Communities, Foundation for Rural and Regional Renewal Grant. Committee member Sue Hall had another very busy year applying for funding through many different grant funding opportunities. We also received a Volunteers Grant to purchase items for the kitchen, including a new pie warmer and volunteer badges, and more recently funding for the fitness/ active movement classes being held on Wednesdays. We have been lucky enough to receive funding to cover the class cost for the next 12 months (see Page 10).

The committee has worked tirelessly to create opportunities for the community by means of activities, improvements, fundraising and planning towards existing concepts such as the oval rejuvenation project.

We were very disappointed to not be granted a second opportunity (in conjunction with the Yorke Peninsula Council) to apply for the amazing Pump Track proposal for the oval, due to the funding required for the application not being supported by the elected members this time around. However, this won't stop the committee from pursuing the project when future opportunities arise.

The update to the Port Vincent History book 'Shipping Port to Pleasure Resort' is ongoing, with the aim to have the publication available for purchase by Christmas this year.

This past year has seen the committee continue to communicate using a broad variety of communication options, including hosting all the winter meetings via online platform Zoom video conferencing. This platform has offered more flexibility for our members.

I hope to see the committee continue to work together and achieve successful outcomes into 2024 and beyond. I have been blessed to be involved with a fabulous group of volunteers over the past six years, and I wish the new executive committee members all the very best in their future roles.

## Post AGM

The AGM was held Thursday, 31<sup>st</sup> August, with 14 members of the public attending. Although a disappointing turn out, we would like to express that it's not too late to join the committee!!!

As it stands today, we have five committee positions vacant. *Without a full committee, it makes it complicated to represent the community to the best of our ability. Many hands make light work, and broad perspectives help the committee achieve the goals that are important.*

On that note, I would like to introduce you to the 2023-2024 PVPA Committee (new Members welcome):-

<b>President</b>	<b>Kristan Every</b>
<b>Vice President (Acting)</b>	<b>Greg Shaw</b>
<b>Secretary</b>	<b>Kirsty Marshall</b>
<b>Treasurer</b>	<b>Carolyn Jansons</b>
<b>Committee Members</b>	<b>Michelle Twelftree</b>
	<b>Jan Lefeuvre</b>
	<b>Kyle Mullen</b>
<b>AFP Editor</b>	<b>Sue Hall</b>

I would like to say thank you to all the outgoing committee members. You have all been a pleasure to volunteer with, and your contribution to the PVPA has been outstanding, and very much appreciated. This is the last AFP report that I will be signing off on..... So thank you for reading my reports over the years, and I hope that you will all support the new Executives as much as you have supported me.

**Michelle Twelftree**  
**Outgoing President**  
**Port Vincent Progress Association**

## EDITOR'S COMMENTS



The passage below is attributed to Brent Lindeque, a journalist and blogger. He has used A A Milne's well known and loved Pooh and Piglet to explain what true friendship is all about. RUOK Day is held on the 2nd Thursday of September each year. But, the importance of starting a meaningful conversation with someone who you notice might be struggling with life should not be underestimated. Recently, the Port Vincent community has wrapped their arms around the Zeller family (Page 3). But, this is definitely not a "one off". I have witnessed many acts of kindness and care to others over my years in Port Vincent.

If you, or anyone you know is not okay, there are several avenues to seek professional help. **Page 29 outlines the assistance that is offered to Veterans, their families and their carers.**

Also, the link below will take you to the government website where additional help can be found:-

<https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/about+us/our+local+health+networks/yorke+and+northern+local+health+network/yorke+and+northern+local+health+network+mental+health+services>

*"Piglet?" said Pooh. "Yes?" said Piglet. "I'm scared," said Pooh. For a moment, there was silence.*

*"Would you like to talk about it?" asked Piglet, when Pooh didn't appear to be saying anything further.*

*"I'm just so scared," blurted out Pooh. "So anxious. Because I don't feel like things are getting any better. If anything, I feel like they might be getting worse. People are angry, because they're so scared, and they're turning on one another, and there seems to be no clear plan out of here, and I worry about my friends and the people I love, and I wish SO much that I could give them all a hug, and oh, Piglet! I am so scared, and I cannot tell you how much I wish it wasn't so."*

*Piglet was thoughtful, as he looked out at the blue of the skies, peeping between the branches of the trees in the Hundred Acre Wood, and listened to his friend.*

*"I'm here," he said, simply. "I hear you, Pooh. And I'm here."*

*For a moment, Pooh was perplexed. "But... aren't you going to tell me not to be so silly? That I should stop getting myself into a state and pull myself together? That it's hard for everyone right now?"*

*"No," said Piglet, quite decisively. "No, I am very much not going to do any of those things." "But-" said Pooh.*

*"I can't change the world right now," continued Piglet. "And I am not going to patronise you with platitudes about how everything will be okay, because I don't know that. "What I can do, though, Pooh, is that I can make sure that you know that I am here. And that I will always be here, to listen; and to support you; and for you to know that you are heard.*

*"I can't make those Anxious Feelings go away, not really.*

*"But I can promise you that, all the time I have breath left in my body...you won't ever need to feel those Anxious Feelings alone." And it was a strange thing, because even as Piglet said that, Pooh could feel some of those Anxious Feelings start to loosen their grip on him; could feel one or two of them start to slither away into the forest, cowed by his friend, who sat there stolidly next to him.*

*Pooh thought he had never been more grateful to have Piglet in his life.*

**On behalf of the community, I would like to extend a sincere thank you to Michelle Twelftree for her tireless efforts as Chairperson of our Progress Association.**

**Thank you, Michelle, for your many hours of volunteer work. It has been very much appreciated.**

**Sue Hall**

**Editor - 0413 057 992**

30th Sept - Coastguard Sausage Sizzle - Page 24  
 30/9-1/10 - Barley Stacks Winery - Page 23  
 29/9-2/10 - Stansbury 150th Celebrations - Page 13  
 1st Oct - Saltwater Classic registrations open-Pg 29  
 4th Oct - SYP Show at Minlaton - Page 13  
 7th Oct - YP Leisure Options Quiz Night - Page 13  
 7th - 8th Oct -150th Edithburgh Jetty- Pg 27  
 12th Oct - Minlagawingga Nature Festival - Page 13  
 18th Oct - Golf Club AGM - Page 4  
 21st Oct - Vincent Vitality Day - Page 8  
 5th Nov - Melbourne Cup Calcutta - Page 28  
 4th Dec - SACWA Book Launch - Page 12  
 1st Jan - Gala Day and Fireworks - Pages 14-15  
 13/14 Apr - Saltwater Classic - Page 29

Page 3 - Jetty/Wharf survey - please help!  
 Page 4 - Golf Club News and Presentations  
 Page 6 - Caravan Storage Update \*\*\*\*  
 Page 8 - Vincent Vitality Flyer  
 Page 9 - Tidy Towns & VIO Reports  
 Page 10 - Free Wednesday Exercise Classes  
 Page 11 - Our local member working for us  
 Page 16 - Spring Craft Fair Wrap Up  
 Page 19 - Port Vincent in the 1960's  
 Page 20 - Bowls pennants start in October!  
 Page 20 - Preparing for natural disasters  
 Page 22 - Fishing Report from Wayne Crouch  
 Page 25 - Monday Fellowship visits Edithburgh  
 Page 26 - SAF10 Coastguard assisting boaties



## **A HEARTFELT THANK YOU TO THE PORT VINCENT COMMUNITY** **FROM JEANNIE & MICHAEL ZELLER, AND EBONY**



On Friday night 8th September, we had had 2 fires in our house. We were lucky enough to be able to find our 2 very spoilt and loved fur babies who passed from smoke inhalation. We left after the first fire, with the idea of going back in the morning and sifting through the front of the house to see what we could recover. Unfortunately, at 11 pm, up she went again, and this time everything was destroyed!! The next day we woke to the reality that we had nothing left! What we didn't realise was that our friends and family and the whole community had already started to make our devastated lives easier.

There are so many people we wish to thank from that night -

- CFS volunteers from Port Vincent, Minlaton, Stansbury, Yorketown, Curramulka (maybe more, we don't know)
- Cara and Kyle [Port Vincent Foreshore Caravan Park](#) who went above and beyond x
- The local police officers
- Beth and Karen - Thanks for your help being first on scene and staying to make sure we were okay.
- Lucy, for calling in the fire.
- The [Ventnor Hotel](#) for dinner.
- Lyndall, who not only looked after our fur babies and us, but took on our chooks too.

How do we even begin to show our gratitude?

[Michelle Twelftree](#), in conjunction with the Port Vincent Progress Association, have started a Go fund me campaign.

**We are truly humbled and grateful to each and everyone who has donated.**

Plus a massive thank you to those of you who have handed us cash, put money into our accounts, dropped off clothes, food, toiletries, stopped to hug us, cry with us, ask if we need anything, and offer accommodation.

For all the calls and messages we received - *Thank you* for taking the time to make sure we are okay.

During the last few weeks, every time we have had to venture into the outside world, someone somewhere has given us something, from free delivery, skin care, vouchers, food, crockery, cutlery, pots and pans, a massage, clothing, and even a watch Michael needed for work!

**Our lives have changed forever, but we will never forget the support,  
love and kindness you have all given us in our darkest days.**

### **\*\*\*HAVE YOUR SAY - WE NEED OUR WHARF AND JETTY\*\*\***

#### **Tell us what jetties mean to you**

Unfortunately our small Fisherman's jetty has been closed to the public for several months. *Repairs are badly needed - our town needs this small jetty*. Yorke Peninsula Council also need to assess/repair our larger wharf, and other wharfs in the council area. This exercise is costly, and requires URGENT assistance from outside sources.

Our council has issued the statement below on their website. **MAKE YOUR VOICES HEARD - please complete the survey!**

*"South Australians are being encouraged to give feedback about the importance of local jetties through a newly launched survey that will help advocate for much-needed additional state and federal funding.*

*The Local Government Association of SA is undertaking a study of the value of South Australia's jetties, including how they contribute to the state's economic prosperity, historical significance and wellbeing of local communities.*

*This assessment will focus on the activities that are supported by jetties, such as tourism, walking, recreational fishing and swimming, and will highlight how crucial it is for state and federal governments to support councils in maintaining these vital assets.*

*As part of this project, the SA Jetties Community Survey gives local community members, visitors and stakeholders the chance to share their views and opinions on the social and heritage value of jetties, which will influence the final valuation. LGA President, Mayor Dean Johnson implored all South Australians to participate in the survey and lend their voices to protect jetties in their own backyard. "If you care deeply about the future of our state's jetties, please jump online, fill out the survey and share it with your friends and family – the more people we get involved, the better," Mayor Johnson said."*

<https://www.lga.sa.gov.au/members/services/research-and-publications/library/2022/jetties-research-project>

**IT ONLY TAKES 5 MINUTES, BUT IT WILL MAKE A HUGE DIFFERENCE**  
**I ALSO URGE VISITORS TO OUR TOWN TO COMPLETE THIS SURVEY**

## **PORT VINCENT GOLF CLUB INC**

Season 2023 came to an end on Saturday 9<sup>th</sup> September with a casual 9 hole Ambrose event followed by a BBQ. In what seems to have been a relatively short season, we have managed to run our normal Saturday competitions and host our regular events.

The regular events included our leg of the 12 Mile Cup against Minlaton and Curramulka, the Annual Hardy's Day, The Ventnor Hotel "Pub Day" and the Pt Vincent Golf Club Men's Open. All events were very well attended and very successful.

The course was extremely well prepared and presented throughout the season thanks to our intrepid and hardworking volunteers, Warren Cosh, Rob Anderson, Barry Tozer and John Hallas. Many thanks must also go to our regular helpers behind the bar and in the kitchen, especially on event days.

Our season concluded with our Presentation Dinner held at the Ventnor Hotel on Saturday, 16<sup>th</sup> September. Major trophy winners were presented as follows:-

CLUB CHAMPION	WARREN COSH
RUNNER UP	ANDREW VISSER
B GRADE CHAMPION	BARRY TOZER
RUNNER UP	BEN LLOYD
ECLECTIC:	JOHN HALLAS

Life Member, Paul Stubberfield, then presented Life Membership to Warren Cosh. Warren has been a stalwart of the Club for some 30 years, not only as a player, but also as an office bearer and a great volunteer/worker. Congratulations Warren, an award well deserved. Photos of the Presentation Dinner are on Page 5.

**JOHN GILGEN, CLUB CAPTAIN**



**Port Vincent Golf Club Inc**  
**PO Box 274**  
**Port Vincent SA 5581**

## **ANNUAL GENERAL MEETING**

**WEDNESDAY**

**18th OCTOBER, 2023, @ 7:30PM**

**AT PORT VINCENT**

**MEMORIAL**

**BOWLING CLUB**

**COME ALONG AND SUPPORT YOUR CLUB**

Photo below left: Club Champion Warren Cosh with President, Jon Skuse, and Club Captain, John Gilgen.  
Below right: Runner Up, Andrew Visser.



Below left: B Grade Champion Barry Tozer. Below right: John Hallas.



Our Life Members left:

Paul Stubberfield, Jon Skuse,  
Rosemary Button, and our newest life  
member, Warren Cosh.



## Update – Caravan Storage Area - Port Vincent

Work is progressing to hand over the Port Vincent Caravan Storage Facility from Yorke Peninsula Council to the Port Vincent Progress Association.

Quotes have been sought to create a new entrance point for towing caravans in and out of the space to avoid the current practice of travelling through the council's depot site.

As an interim measure until those works take place, all storage van owners were offered a three-month extension on their current agreements on September 18-19.

Council and Progress hope this temporary measure will allow time for the new entrance to be created, and that Progress will then take over managing the facility.

*The main change for storage van owners from now onward is that the current Port Vincent Foreshore Caravan Park Managers are not obligated to move vans to or from the storage area.*

This, however, does not mean owners need to move their own vans.

Van owners can arrange somebody else to shift their vans whenever required. All the owner needs to do is let the Park managers know first.

Then, whoever is moving the van simply has to call into the Park office and request the storage yard key, sign a simple form, and they can go and collect the van.

### **Why the change?**

Council has traditionally received the income from the storage facility, with a small cut going to the Park managers and a small cut going to Progress. The majority went into general Council coffers to be distributed across the entire Yorke Peninsula region.

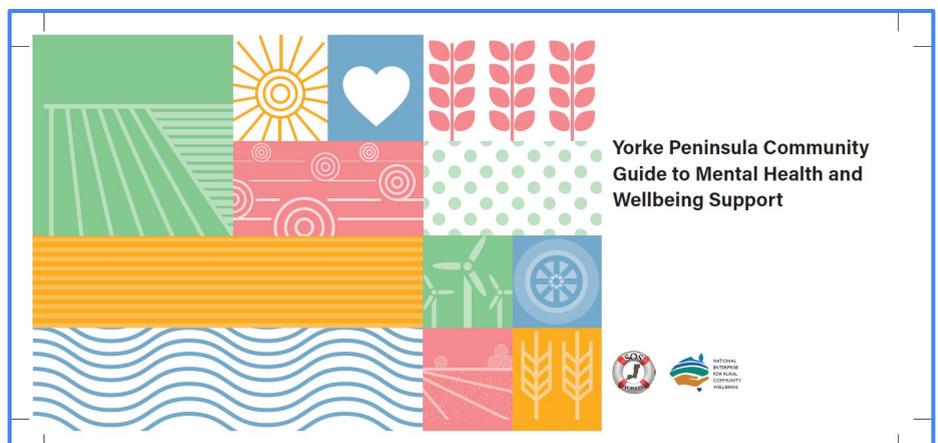
By giving Port Vincent Progress Association responsibility for the storage service, it will mean the income goes to Progress. This keeps the money in Port Vincent for the benefit of the town.

**Council has agreed to this change to help Port Vincent Progress, which does not benefit from running a Caravan Park like several other Progress Associations do around the Yorke Peninsula.**

### **Editor's Comment:-**

**Thank you to Nick Perry, Manager Economic Development and Business Sustainability, at the Yorke Peninsula Council for providing this information. This initiative will certainly be a valuable source of income for our town.**

**If you have any questions regarding this project, please contact the Progress Secretary at [portvincentprogress@gmail.com](mailto:portvincentprogress@gmail.com)**





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**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**

**FREE  
EVENT**

# **VINCENT VITALITY**

**Saturday Oct 21<sup>st</sup>  
10-3 pm**

**Port Vincent Institute**

Speakers:-

- 10.30 - Red Cross
- 11.30 - Dementia Doulas International - Wendy Hall
- 12.30 -YP Council-nutrition
- 1.30 - Asthma Foundation
- 2.30 - Care in Motion

**Come and have a chat -  
learn something about how  
to access services, or how  
to join a group - or just  
gain some information**

Opportunities to chat with:-

- RSL / Veterans / Legacy
- Fishing group
- Friends of Palliative Care
- Prostate Cancer group
- CWA
- Stoma Therapy Nurse
- Chemist - BGL and BP readings
- SOS Yorke
- Leisure Options
- Friends of greyhounds group
- Yoga with Meggie Moon
- Garden Club
- Friends of the greyhounds

## PORT VINCENT INFORMATION OFFICE NEWS

The weather is gorgeous – the bay is inviting and fish are biting, so it goes without saying that the tourists will follow. As the school holidays start, the VIO returns to 4 mornings a week – Monday, Wednesday, Friday and Saturday 10.30 to 12.30, with our AGM on Wednesday, Oct 11<sup>th</sup> at 11.30 at the VIO – after exercise class. Come along and join with us for a discussion on our way forward.

Our big event in the near future is:-

### **VINCENT VITALITY DAY**

**Saturday, Oct 21<sup>st</sup> 10-3pm at the Institute**

Please check out the flyer on Page 8 to see who will be there that might be of interest to you, or others you know. One of the big issues we face in the country is that we don't know what we don't know until we need that knowledge! Who wants to look at the future until it's knocking on our door?

Well, the opportunity to listen to what various organisations can offer you is valuable, but to be able to have that quiet one to one chat without obligation is rare, so come along and learn what's on offer, if not for you, then for those around you.

It's not all about service provision – one of the hardest things to do in a country area is to make that first contact with any group – no-one likes to walk in cold, on their own, so this is an opportunity to meet in a non threatening environment to ease your journey into group or volunteer activities.

Did you know there is a ladies' fishing group who meet somewhere on the peninsula about 5 times a year for a weekend of fishing? They would love to have you join their activity or help you start your own group down on the peninsula.

Look forward to seeing you there, or if you have any suggestions or contributions, come to our AGM (we won't put you on a committee, I promise).

**Julie Searle**  
**Secretary**



## PORT VINCENT TIDY TOWNS REPORT

SEPTEMBER 2023

Hi all. Well, I haven't too much to report this month as we have been to Norfolk Island for 10 days. We had a great time over there - lots of history on the Island. Many things to see and do.

As the weather warms up the town is starting to get busier, so there will be lots more work to do around the town in the next few weeks. Numbers of volunteers have been down over the winter period, but should pick up again as the weather warms up.

John Curnow has arrived back in town after his fall and his broken hip socket. We hope he is recovering well.

A big thank you to Jan Laslett who is leaving us later this year to live in Adelaide. Jan has been cleaning the picnic tables down on the wharf area for some time now, and doing a wonderful job keeping them clean from the shag excrement. We wish her all the best in her new home and hope that she settles in well when she gets there. **THANK YOU, JAN.**

This of course means we need a new cleaner for the job, so if you're looking for a volunteer job to help out around the town come, maybe you would like to come and check us out.

Any Tuesday morning you are welcome to have a cuppa and some morning tea with us at around 10:15am. Feel free to come and check us out.

That's about it from me this month.

**Cheers, Rob Searle**  
**Chairman, Port Vincent Tidy Towns**



**Media release Thursday 14 September 2023**

The Rural Health Innovation Fund is proud to announce its successful inaugural grant round recipients. The Rural Health Innovation Fund (RHIF) has been overwhelmed with the level of interest and the breadth and ideas in the applications received. We have been honoured to hear from people all over country South Australia and listen to the needs of our individual communities. We are thrilled to be able to provide this opportunity to support communities to achieve their goals and positively impact the lives of country South Australians.

The successful Rural Health Innovation Fund Community Grant 2023 recipients included:-

- The Port Vincent Progress Association Community health and wellbeing initiatives, the extension of weekly community exercise classes with additional equipment run by a trained, locally based coordinator.

**The Port Vincent Progress Association is thrilled their Rural Health Innovation Fund grant will enable them to continue their community exercise classes for free and buy new equipment.**

“We are so grateful to the Rural health Innovation Fund for this grant,” said Port Vincent Progress Association Assistant Treasurer Sue Hall.

“It enables the extension of our popular community exercise classes allowing participants to continue on their health and well-being journey and achieve their goals.”

“This is an amazing initiative,” said exercise class participant Rosemary Button.

“It is wonderful to feel connected with others and our instructor Jo knows exactly how to keep us motivated”.

The Rural Health Innovation Fund was officially launched in December 2022 to provide funding opportunities through grants for community led programs to drive health and wellbeing initiatives that support positive outcomes for country South Australians. “We are passionate about supporting rural communities by strengthening and encouraging innovative programs that will have lasting impacts,” said Doctor Simon Lockwood, Country SA PHN, Chair of the Board of Directors. “The Rural Health Innovation Fund will create positive change through supporting community-based programs that address the diverse health and wellbeing needs of the rural community.” RHIF is a stand-alone charity made possible by Country SA PHN who enables RHIF to accomplish their vision for better health and wellbeing for all country South Australians.

**Media Inquiries: Kate Dorsey 0437 324 382**



**Editor’s Comment:** This is an amazing initiative, first mooted by our well known locals, Pam Hickman and Jo Minks, a qualified instructor. A huge thank you to RHIF, and in particular, to Trudi Penrose-Starr, for ensuring that our community can continue with these classes in the weeks ahead. Come and join the class - **no bookings required, just turn up, and have some fun while exercising!**

## PORT VINCENT EASY MOVES EXERCISE CLASSES

**EVERY WEDNESDAY 10.30 - 11.30AM**  
Port Vincent Institute

- QUALIFIED EASY MOVES INSTRUCTOR
- FRIENDLY, SOCIAL ENVIRONMENT
- NO PRIOR KNOWLEDGE OR FITNESS LEVEL REQUIRED!

These sessions are now offered free of charge

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For all enquires: Jo Minks (EM instructor) 0437 425 008  
or Pam Hickman 0409 537 252

Follow us on Facebook: Easy Moves Exercise - SYP





**FRASER ELLIS MP**  
MEMBER FOR NARUNGGGA



## **Narungga electorate update**

We've had two Parliament sitting weeks since the last update, within which I have introduced the Motor Vehicle (Number Plates) Amendment Bill and also addressed the chamber about the impact of a decision by government to introduce gender quotas for serving local sports club committees as a requirement for eligibility for Office of Sport and Recreation grants.

Both these topics have implications; please refer to [www.fraserellis.com.au](http://www.fraserellis.com.au) to view Chamber speeches for further information and/or contact me with any feedback.

## **Health petition in the home stretch**

Filled health petition sheets continue to come into the office as we edge closer to reaching our target of 10,000 signatures – the number we need to formally trigger Parliamentary action on improvements to our local health services and systems.

At time of writing, we now have just 9700 signatures, and it is hoped that during the Yorke Peninsula Field Days (where we have a stand in the Cyclone Pavilion) a few more petition sheets will be filled to get us over the line.

## **Funding news**

I was pleased to be advised that Southern Yorke Peninsula Community Hub is among the more than 60 community centres to receive increased State Government funding under a revamped Community and Neighbourhood Development Program. This funding aims to combat social isolation, promote a stronger sense of belonging for people who are disadvantaged, and foster inclusive, equitable and resilient local communities, and I congratulate SYP Community Hub on their successful application.

## **Applications open for Anzac Day Commemoration Fund**

The 2023-2024 round of the Anzac Day Commemoration Fund opened 25 September 2023 and will close 5 pm 31 October 2023.

Eligible to apply for this funding are ex-service organisations, community groups, schools and local councils looking to deliver activities that honour and/or educate the community about the significance of Australia's military history and those who have served within it.

For information on previous grant recipients and details on how to apply for the 2023-24 round, please refer to my website (Grants tab).

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

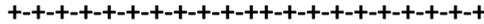
E | [narungga@parliament.sa.gov.au](mailto:narungga@parliament.sa.gov.au) W | [www.fraserellis.com.au](http://www.fraserellis.com.au)

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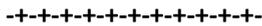


# ST NEOT'S ANGLICAN CHURCH (Ministry District of Yorke Peninsula)

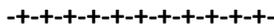


### Life's Hourglass.....Anon

Time can't take away anything that has already been given:  
Your treasures from days gone by are treasures still;  
Your most precious memories will always be.  
We learn, as we go along, that life is not one big beautiful  
jewel  
we can hold —or lose —in our hands.  
Each one of us is an hourglass.  
And in the course of our lives, we get to keep the diamonds  
that come our way among the passing sands.



Faith hears the inaudible, sees the invisible, believes the  
incredible,  
And receives the impossible.



In October, it will be two years since the Community Garden was opened, and it's great to see how it has flourished in that time. Thank you to those who have stepped up to participate while Bob is recovering from surgery. It is much appreciated. It shows how our community spirit is uplifting to all of us.

**Trash/Treasure** has been busy, with plentiful donations of goods coming in.

Come in and browse for that elusive treasure on Tuesdays and Saturdays.

### CHURCH DATES FOR OCTOBER:-

8th..11am..**HOLY COMMUNION**..with Venerable Andrew Lang  
22nd..11am ..**MORNING PRAYER**.....with Pam

Keep an eye on the door for any changes.  
Stansbury is celebrating 150 years, and a combined service is being held at the United Church on the long weekend.



## CARE IN MOTION

Community Care and Transport Inc.

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- Community Visitors Scheme  
Free service for isolated older people

#### Volunteers Needed

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



## 1300 132 932

[www.communitycareandtransport.org.au](http://www.communitycareandtransport.org.au)

### Come and join us for a Book Launch

Hosted by SACWA Central Yorke Peninsula Branch & the Quilters Guild

Monday 4<sup>th</sup> December at 1.30pm

In the S.A.C.W.A. rooms, Fourth Street, Minlaton (next to Hardware store)

\$2.00 Entry includes Scones, Jam and Cream,

Tea and Coffee



### "Back on Track"



Author Tricia Stringer

Tricia Stringer is a bestselling and multiple award-winning author. Her books include Keeping Up Appearances, Birds of a Feather, The Family Inheritance, The Model Wife, Table for Eight, and a historical saga set in the unforgiving landscape of nineteenth-century Flinders Ranges.

Tricia grew up on a farm in country South Australia and has spent most of her life in rural communities, as owner of a post office and bookshop, as a teacher and librarian, and now as a full-time writer. She lives on the traditional lands of the Narungga people in the beautiful Copper Coast region, with her husband Daryl, travelling and exploring Australia's diverse communities and landscapes, and sharing her passion for the country and its people through her authentic stories and their vivid characters.

All Welcome. Book Sales on the day.

# October Long Weekend

**Saturday 30th Sep**  
**Music: Jamie Newton 1-4pm**  
**Food: Oh My Grill from 12pm**

**Sunday 1st Oct**  
**Music: RoKoUstika 1-4pm**  
**Food: Oh My Grill from 12pm**

**Monday 2nd Oct - OPEN**

## WAURALTEE TOWN HALL 2023

**LONG WEEKEND MARKET**  
**Sat Sept 30th 9am - 2pm**  
**MARKET LOCAL PRODUCE**  
**DEVONSHIRE TEA & SCONES**  
**POT PLANTS JAMS CAKES PIES**  
**SAUSAGE ROLLS**  
**SAUSAGE SIZZLE**  
**OTHER GOODS & BRIC-A-BRAC**



## CELEBRATING 150 YEARS SINCE STANSBURY'S PROCLAMATION

Friday 29 September to Monday 2 October 2023

Official Opening Stansbury Brass Club	Friday 7:30pm Stags includes light supper and drinks available for purchase. Tickets available from the Visitor Centre. Bookings Essential 0852 4377
Stansbury Grande Markets Stansbury Foresters	Saturday 9am to 1pm
History Display Stansbury Institute	Saturday, Sunday and Monday 10am to 4pm
Guided History Walks Meet at Visitor Centre	Saturday and Sunday 1:30pm
Stansbury Museum Open Days Stansbury Museum	Saturday 10pm to 4pm Sunday 10am to 4pm Monday 10am to 2pm
Stansbury Primary School Visit and Browse Stansbury Primary School	Saturday 9am to 5pm
Highlighting Our History Stansbury's history projected onto the jetty cliff face	Saturday and Sunday 10am BPO Chair
Combined Church Service Uniting Church	Sunday 9:30am
Cemetery Director's Launch and Laying of Time Capsule Stansbury Cemetery	Sunday 10am
Celebration Event	Featuring Amber Joy Peulson, Devang Doshiya, local musicians, historical display, vintage vehicles, blacksmith demonstrations, kids' activities, food vans and bus. Stansbury Oval
Market Raffle Draw	Tickets available from the Visitor Centre 0852 4377 and local businesses
	Drawn 5pm Sunday

## OCTOBER LONG WEEKEND

**SATURDAY 30TH SEPTEMBER**  
**12PM-4PM**  
**LIVE MUSIC BY JJ ARV & CO.**  
**FOOD BY CHRISTIE'S DINER**

**SUNDAY 1ST OCTOBER**  
**12PM-4PM**  
**LIVE MUSIC BY JAMIE NEWTON**  
**FOOD - NEWCHURCH FAMILY FARM**

BOOKINGS HIGHLY RECOMMENDED TO BOOK CALL THE CELLAR DOOR ON 0888341258 OR HEAD TO BARBLEYSTACKSWINES.COM

## 150TH ANNIVERSARY CELEBRATION EDITHBURGH JETTY

**7TH & 8TH OCT 2023**

1873-2023  
 CEREMONIAL UNVEILING CATHEDRAL HORSE SCULPTURE & JETTY TRUCK

LAUNCE EDITHBURGH JETTY 150TH HISTORY BOOK • HISTORIC DINNER EASTERN BEER INSTITUTE

HISTORICAL DIVING DISPLAY • SYP SPECTRUM • WATSON'S "SALES TO SEAS" • DORIS • VINTAGE CARS • SALES INSTITUTE HISTORICAL FAIR • WHITE BULLOCK RACE • FUTURE LEADERS • FISH & DRINK • CUPRUM ACTIVITIES • PHOTOGRAPHIC DISPLAY • BEAN SHOOTING • SALT BAG SEWING • TACETI SAILING CLUB • TACETI GARDEN DISPLAY



## October Long Weekend at The Pines

**Saturday 30th September 2023**

### FISHING COMPETITION

Register at the boat ramp from 6 am  
 \$20 per boat or \$5 per person

### FAMILY BBQ

Our usual Chicken Steak \$5.00 and Sausage \$2.00  
 Commencing at 6 pm

### EVENING ENTERTAINMENT

#### LILY AND THE DRUM

\$10.00 per person 7 pm  
 see separate poster

Prizes for:  
 The heaviest fish  
 The heaviest whiting  
 The heaviest "shit" fish  
 Weigh in at the shed from 4 - 5 pm  
 Presentation at the Shed at 5:30 pm

## LILY AND THE DRUM

THE PINES HALL  
**SAT SEPTEMBER 30th**  
**7pm** Tickets \$10 at the Door  
**Food Available BYO Refreshments**

## EASY MOVES EXERCISE

Gentle, easy exercise improving fitness and wellbeing in a friendly, social environment

### WEEKLY CLASSES:

- Yorkestown - 11am Tuesday, RSL at town oval
- Port Lincoln - 10:30am Wednesday, PV Institute
- Stansbury - 1:30pm Wednesday, Uniting Church hall

Qualified Easy Moves Instructors, all equipment provided. Everyone is warmly welcomed - no experience necessary!



Please contact: Jo Minks 043725008  
 Find us on Facebook: Easy Moves Exercise - YP

## EDITHBURGH CARAVAN PARK

AN Acoustic Evening

ADAM BELL CHAMBERS  
**SAT - SEPT 30 - 6PM**

## WATSACOWIE BREWING COMPANY

**SUNDAY OCTOBER 8**

## Oktoberfest 2023

**SATURDAY OCTOBER 14**  
**Keith Hall & Heathen Soul LIVE**

## SOUND MEDITATION

**1st & 3rd Friday of each month**  
**7:30 - 9:00pm**

Mailford Uniting Church  
 Robert st, Mailford SA

Come on a Journey of Self Discovery!  
 Soak in the beauty of sound and feel the healing energy flow your body mind and spirit!

Experience the gentle vibrations of man made music integrated with singing crystal and Tibetan bowls joined with essential and great!

Personal healing time at the end \$20 per person

We can come to you!  
 Contact Catherine  
 0418 750 819

## SYP Show

**WEDNESDAY 4TH OCTOBER 2023**

## JAMIE NEWTON

Barley Stacks Wines  
**OCTOBER LONG WEEKEND**  
**SUNDAY 12pm-4pm**

Call 0888341258 to book your table!

## JJ ARV & CO.

Barley Stacks Wines  
**OCTOBER LONG WEEKEND**  
**Saturday 12pm-4pm**

Call 0888341258 to book your table!

## Family fun day - Sat, Oct 14th

Food: Fingers or Forks  
 Music: Jake Bateman 1-4pm  
 The Mock Turtle Face Painting 12-4  
 Cookie decorating by Cookie Crumbs  
**\$20 per child includes 3 cookies & lollies**

Bookings for cookies recommended call  
 0400 843 904

## LAPS OF THE LAKE

COMMUNITY WALK

Meet at Weaner's Flat, Yorkestown.  
 All abilities welcome.

Every Wednesday morning, 9:00-10:00am  
 (weather permitting)

## Quiz Night

Yorke Peninsula Leisure Options

**SATURDAY OCT 7TH**

MINLATON TOWN HALL  
 DOORS OPEN AT: 5:30PM  
 QUIZ STARTS AT: 6PM  
 FINISHING AT: 9PM

BYO DRINKS & DRINKS \$10 \*CORKAGE FEES APPLY\*

## By Gone Era

A Look Into The Past

"Koenneke Home Movie And Some Local Photos"

**Saturday 7th October**  
**7:30pm - 10pm**

Warooka Cinema/Warooka Town Hall

Free Entry including Supper  
 Some Drinks For Sale

Supported By  
 Wellbeing SA Grant

Bookings Via Eventbrite  
 Or contact Julie: 0458 062 219

## guranna wilba MINLAGAWINGGA

A GOOD DAY @ MINLAGAWI

**THURSDAY 12 OCTOBER**  
**MINLAGAWI GUM FLAT RESERVE**

NHARANGGA ABORIGINAL PROGRESS ASSOCIATION INC.  
 Wellbeing SA connecting communities

REGISTER FOR FREE AT  
[HTTPS://EVENTS.HUMANITIX.COM/GURANNA-WILBA-MINLAGAWINGGA-GOOD-DAY-AT-MINLAGAWI](https://events.humanitix.com/guranna-wilba-minlagawingga-good-day-at-minlagawi)

# PORT VINCENT GALA DAY SPONSORS

THE PVPA EVENTS COMMITTEE WOULD LIKE TO  
THANK THE FOLLOWING SPONSORS FOR THEIR  
GENEROSITY

## MAJOR SPONSORS



**Zach and Tani** ✈️

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- Elmac Homes
- Lockwood Cranes
- Davies Transport
- Pitts Family
- Kaitlin Hughes and Sam Cosh

## SILVER SPONSORS

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## BRONZE SPONSORS

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- YP AG
- Port Vincent Plumbing and Gas
- Watsacowie

## RAINBOW SPONSORS

- Karen's Apartments



Bar facilities

Rides

Food vans

Market stalls



# PORT VINCENT

## GALA DAY

1ST JAN 24



2PM-9:30PM

FEATURING

# GERMEIN

### Schedule

2pm-2:30pm - Amazing drumming monkeys

2:30pm-5:30pm - JR Acoustic

5:30pm- 6pm - Amazing drumming monkeys

6pm - 6:45pm - Gumbo Ya Ya

6:45pm - 7pm - Silver Sharks aerobatic show

7pm - 8:15pm - GERMEIN

8:15pm - 9:15pm - Gumbo Ya Ya

9:15pm - FIREWORKS



### Major Sponsors

Zach Germein & Tani Farrow



# SPRING CRAFT FAIR 2023

The Spring Craft Fair was held on 16-17th September, 2023 in Ardrossan to help celebrate the 150th Anniversary of the township of Ardrossan. A Committee of 5 people had been organising this event for the past 18 months, and were pleased with the success of the event.

10 stall holders displayed their wares, and many sales were made. In the small hall, there was a beautiful display of quilts, hosted by Julie Nixon of The Patchy Affair of Cunningham. There was a "Viewers Choice" award. Many visitors made their selection of the best large quilt, small quilt and others, and all 3 awards were given to Brenda Bowman of Ardrossan. It was a very difficult task to judge, but the viewers made their choice.

The fair was attended by many locals, travellers and crafters. Ardrossan Men's Shed held a display and also assisted with the setting up and clearing up after the event. Several husbands also assisted, and our thanks go to them.

All proceeds from this event were given to the "150th Anniversary Committee" which will in turn run a series of events leading up the actual Anniversary in October 2023, which will be a very big event.

Thank you to everyone.

## Sue Pike



### Editor's Comment:

This is just a selection of the amazing workmanship on display. What a talented group of quilters!

The background of the entire page is a vibrant, repeating pattern of tropical leaves. The leaves are in various shades of green, blue, and yellow, set against a white background. The leaves include large, lobed monstera leaves and smaller, feathery palm-like leaves. A large, dark green circle is centered on the page, containing the text.

# ART SUPPLIES Local Craft

**UNIQUE AT VINCENT**

PAINTS, BRUSHES, PAPER, CANVAS, MOSAIC KITS, ETC ETC  
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# PORT VINCENT UNITING CHURCH

Affiliated with Generate Presbytery  
Main Street, Port Vincent



## WORSHIP SERVICES OCTOBER 2023

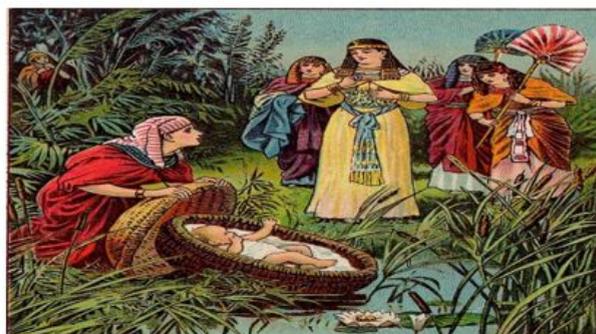
Every Sunday at 10am

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

October 9<sup>th</sup> and 23<sup>rd</sup>



**Romans 12:2..** “Don’t be conformed to the patterns of this world, but be transformed by the renewing of your minds so that you can figure out what God’s will is – what is good and pleasing and mature.”

*It's tempting to try to fit in with everyone's else, but your individuality and faith are what God values most.*

**Psalms 37:23-24...** “A person’s steps are made secure by the Lord when they delight in his way. Though they trip up, they won’t be thrown down, because the Lord holds their hand.”

*Following the path of God will ensure that you are guided by Him through any trouble that may come your way.*

**Jeremiah 29:11...**For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.

**Deuteronomy 31:6..**Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you.”



## **VISION**

### **CHRISTIAN MEDIA**

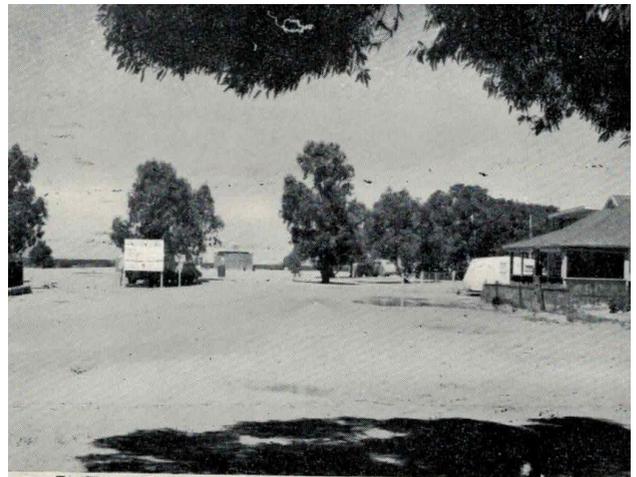
Vision Christian Radio can be heard on the FM band on 88.0MHz 24hrs throughout each day in Port Vincent featuring great Christian music and radio presenters.



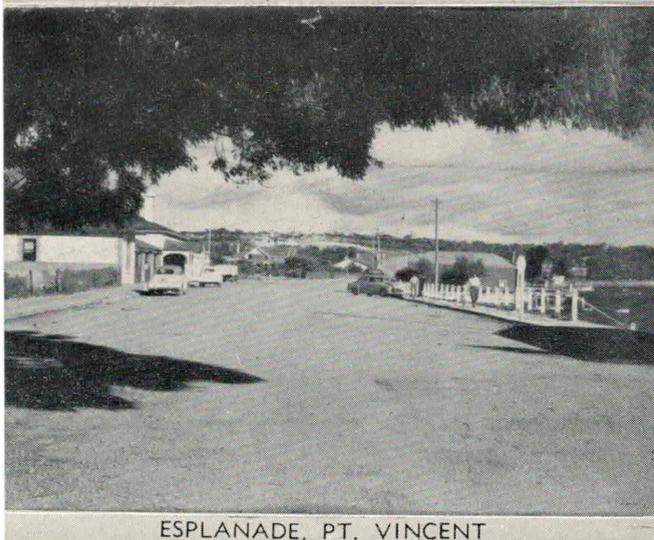
VENTNOR HOTEL, PT. VINCENT



THE BAY, PT. VINCENT



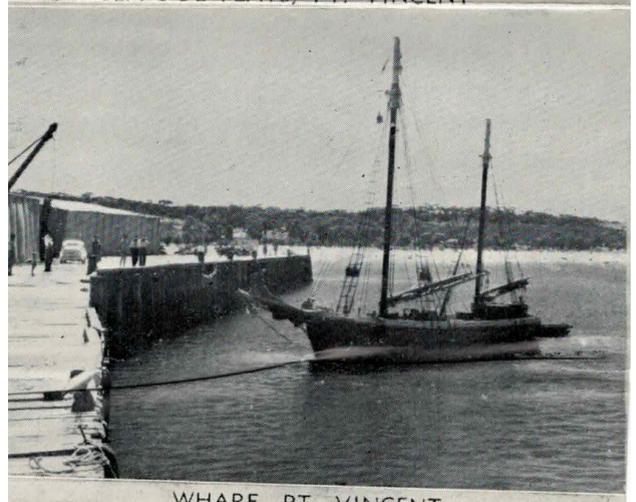
ENTRANCE CAMPING AREA, PT. VINCENT



ESPLANADE, PT. VINCENT



SEA SIDE FLATS, PT. VINCENT



WHARF, PT. VINCENT

A friend of Des and Linda Chambers found this brochure from the 1960's. It is amazing to see how much our town has changed in the past sixty years!

If you have any interesting photos from the 60's, 70's, 80's or 90's please contact the Visitor Information Office on 08 8853 7283, or email [portvincent.info@yorke.sa.gov.au](mailto:portvincent.info@yorke.sa.gov.au)

PLEASE REFER TO PAGE 3 FOR INFORMATION ABOUT HOW YOU CAN VOICE YOUR OPINION ABOUT THE IMPORTANCE OF THE WHARF AREA.



# PORT VINCENT MEMORIAL BOWLING CLUB

## **Bowls Pennants**

Members are starting to practise in earnest with Pennant Bowls due to begin in mid October. Membership fees are now due, and can be paid at the Club or by electronic transfer. New members are always welcome.

## **Winter Bowls**

Wednesday and Sunday Winter Bowls have now concluded. Twilight Bowls on Thursday evenings will resume later in the year.

## **Friday Night Meals**

Friday Night Meals continue to be provided each week at 6pm by Kathleen Smith of Gypsy Cooks. These have been well supported and no bookings are required.

## **New Committee**

The Club welcomes our new Chairperson, Greg Parsons, Secretary, Vanessa Germein, Bowls Co-ordinator, Tom Salmon, and new committee member, Ricki Bruhn, for the 2023/24 season.

## **Sponsorship**

The Club's major sponsor, Jayco Adelaide, has now completed its sponsorship arrangement with us after 5 years, for which we have been extremely grateful. Recent new sponsors are Spitfire Boat Trailers, Minlaton Discounters and Salter Quality Kitchens, in addition to our other long term sponsors whose advertising is displayed at the Club.

## **Food Handling Course**

Bowls Club members and many others from the Port Vincent community (and elsewhere) recently attended a Food Safety and Hygiene Course at the club, and were pleased to receive certificates at the end confirming their Food Handling skills and knowledge. Many thanks to the entertaining presenter, Stan Szczypiorski, and to Vanessa Germein for organising the course, in conjunction with the YP Council.

## **Wayne Proctor Treasurer 2023 PVMBC**

### **\*\*PREPARING FOR EMERGENCY SITUATIONS\*\***

The Port Vincent Progress Association has been contacted by Oshanna Alexander, Community Engagement Coordinator from the SA State Emergency Service regarding the availability of SA SES brochures for new residents.

A range of brochures are available for residents to help them prepare for Flood, Storm & Heatwave. If you would like to have a look at what is available, please check out this link to their resources page [SASES - SASES Resources](#)

**Our community organisations, can order brochures for free from the SA SES.**

To arrange for delivery please ring 1300 364 587 , or email [Oshanna.Alexander@eso.sa.gov.au](mailto:Oshanna.Alexander@eso.sa.gov.au)

For residents, or shack owners who would like to access these brochures they will be available at the Port Vincent Information Office, Marine Parade (opposite the wharf) in October.

The Checklists are extremely valuable, and well worth checking out!

[https://safecom-files-v8.s3.amazonaws.com/current/docs/sa\\_ses\\_extreme\\_heat\\_fact\\_sheet.pdf](https://safecom-files-v8.s3.amazonaws.com/current/docs/sa_ses_extreme_heat_fact_sheet.pdf)

[https://safecom-files-v8.s3.amazonaws.com/current/docs/sa\\_ses\\_emergency\\_kit\\_checklist.pdf](https://safecom-files-v8.s3.amazonaws.com/current/docs/sa_ses_emergency_kit_checklist.pdf)



# DOCKSIDE

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Hillside locations

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### Sales Enquiries

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**0417 831 596**

[docksideportvincent.com](https://docksideportvincent.com)



### \*\*\*FISHING REPORT\*\*\*



Well, with the onset of the warmer weather, we have already seen a few crabs making an appearance, which is a good sign. Please remember to check females for eggs and put the crabs back into the water if eggs are present.

There are still tommies at the wharf on high tide, around dusk and early evening.

Hopefully the expected warmer weather brings in the garfish and also the yellowfin whiting.

There have been good reports of King George and squid, both on the north and south grounds.

Good tides in late September and early October should be great for both boat and beach fisherman.

**Tight Lines - Wayne Crouch**

# Aqua Hair Lounge

## NOW OPEN

Hi there, my name is Jo, and I would like to invite you to come and visit my new salon. AQUA, Hair Lounge.

Come in for a haircut, or try a beautiful new Australian hair colour, MUK, and feel and see the difference

Specialising in foil and colour work  
Ladies, men's and children's cuts  
Blowdrys, all styles, straightening and curls  
Upstyles and formal hair  
Ear piercing and facial waxing

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MENS \$32  
BLOWDRY FROM \$30  
CHILDREN FROM \$20  
COLOUR FROM \$57  
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OPENING HOURS  
Tues. 10 - 5  
Wed. 10 - 5  
Fri. 10 - 5  
Sat. 10 - 5

Or by appointment

1a Ramsay Street  
PORT VINCENT



# OCTOBER LONG WEEKEND

BARLEY STACKS  WINES

SATURDAY 30TH SEPTEMBER  
12PM-4PM

LIVE MUSIC BY JJ ARV & CO.  
FOOD BY CHRISTIE'S DINER  
AFL GRAND FINAL LIVE ON THE BIG SCREEN

SUNDAY 1ST OCTOBER  
12PM-4PM

LIVE MUSIC BY JAMIE NEWTON  
FOOD BY NEWCHURCH FAMILY FARM

BOOKINGS HIGHLY RECOMMENDED  
TO BOOK, CALL THE CELLAR DOOR  
ON 0888341258 OR  
HEAD TO BARLEystackswines.com



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# THE SOUTH AUSTRALIAN COUNTRY WOMEN'S ASSOCIATION INC

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

A short September CYP Branch meeting brought a few changes of plans, among which was the decision not to proceed with the trading table on Saturday, 30 September due to non-availability of participating members. We will still be involved in the Vincent Vitality Event on Saturday, 21 October, the planned book launch in the Minlaton rooms on Monday, 4 December (see attached poster), and we look forward to receiving further information on involvement in the 2024 Port Vincent Gala Day.

The next CYP Branch meeting will be held in the Minlaton rooms at 9.30 am on Monday, 9 October (due to Monday, 2 October being a public holiday) where we will have our first guest speaker for the year, Bianca Brook from Must Love Dogs. As usual, the meeting will be followed by lunch.

Other events in October include SACWA State Council at the Royal Coach Motel, 9/10 October and SACWA Spencer Group Branch Delegates Meeting on Monday, 16 October, 9.30 for 10.00 am, at St Paul's Lutheran Church Hall.

The March 2024 SACWA State Council will be held on March 4 & 5 at Auburn and Clare.

Visitors are most welcome at all Branch meetings.

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

**Helen Joraslafsky**  
Branch Secretary



**Fundraising  
EVENT**

**Flotilla 10 will be having a Sausage Sizzle & Egg 'n' Bacon brekkie on the wharf lawns Saturday 30th September from 0800hrs to 1300hrs. Rescue vessel "Vincent Star" will be on display.**

# MONDAY'S FELLOWSHIP GROUP

**August 28** - Eight members and two guests attended today's meeting. Members sang the welcoming song and Jeanette read minutes.

A visit to the glass blower gallery and lunch out at Edithburgh was finalised for our next meeting.

Apologies from Geraldine and Marilyn.

Jenny O read a funny verse. Jude picked up Phyl from Ardrossan and it was great to see her again. Members welcomed Wendy, our guest speaker, and she proceeded to talk about the rest of her trip to the Northern Territory and beyond.

Members thanked Wendy for her presentation and Jeanette presented her with two decorative bowls filled with succulents.

Members and guests enjoyed lunch and Jeanette made her famous champagne sponge dessert.

Thanks to Wendy, Jude and Sherry for washing dishes and tidying up.

**September 11** - Eight members plus two visitors filled up cars and travelled to Edithburgh on a lovely spring day.

On the outskirts of Edithburgh is "Meant to Bead", a gallery filled with many lovely glass things. Members had a good look around, and Chris, the owner, talked about Remis Glass which is imported from overseas. Very expensive, but very beautiful. Chris talked a little about himself and then showed us how to make a bead and then add layers to it such as flowers, etc.

After some purchases, we again filled up cars and some did a short tour of Edithburgh, visiting Sultana Point, the tidal pool, boat ramp and houses of interest.

We met at the Troubridge Hotel where members enjoyed lunch, lots of chatter and a very short meeting.

The next meeting is September 25th at Jeanette's home and garden. Jeanette will supply morning tea and members are asked to bring lunch to share.

Members enjoyed a day out in the sunshine and some took in some more scenic routes on the way home.



**Above:**  
**Chris of Meant to Bead at Edithburgh**

**Below:**  
**Glass Gallery at Edithburgh**





# SAF10 COASTGUARD REPORT



Assists during past month were:

- (1) At Black Point - Seahound and 2 crew despatched on calm seas, located and towed boat into Black Point.
- (2) One at Stansbury - Call for assist as boat had flat battery. Seahound with 2 crew took Power Pack out, boat restarted – all okay.
- (3) One at Port Vincent – local member’s boat had an electrical problem. Seahound and 2 crew despatched. Once out of marina saw boat had restarted and on way In. Returned to ramp and base.

SAF10 members will hold a ‘long’ breakfast on the wharf lawns Saturday, 30<sup>th</sup> as a fundraiser and PR for recruiting new members and to talk boating to public. An ideal Grand Final Breakfast opportunity! **Details Page 25.**

A new leadership course will be held at North Haven for Commodores, Commanders and Deputies in November.

Some members who have been away overseas, North Queensland or Melbourne are now back. Some others have or are still travelling N.T. & W.A. at time of writing this. A chance to rest before the warmer weather brings on ‘boating season’.

The 4WD and Adventure-Boat Show will be on October 27/28/29 at Wayville. Coast Guard members will be in attendance at our display stand.

A couple of members have been on the sick list. We wish them a speedy recovery to good health.

October will be the start of PVSC Yacht Racing season. SAF10 will run Yacht Safety Patrols every Sunday and on special weekends.

Safety By All Means

*Maxine Taylor*

**SAF10 FAO**

21<sup>st</sup> Sept 2023



## SALTER QUALITY KITCHENS



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Modern Kitchens, Wardrobes,  
Vanities, Storage Units  
Sold timber work ie Bars**

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0427 405 023**

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- WATER SERVICE REPLACEMENT
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# 150TH ANNIVERSARY CELEBRATION EDITHBURGH JETTY 7TH & 8TH OCT 2023



1873-2023

CEREMONIAL UNVEILING CLYDESDALE HORSE SCULPTURE & JETTY TRUCK

LAUNCH EDITHBURGH JETTY 150TH HISTORY BOOK • HISTORIC DINNER EDITHBURGH INSTITUTE

HISTORICAL DIVING DISPLAY • SYP SPINNERS & WEAVERS "SHEEP TO SHAWL" DEMO • VINTAGE CARS •  
SALT INDUSTRY HISTORICAL TALKS • WHEELBARROW RACE • ENTERTAINMENT • FOOD & DRINK • CHILDREN  
ACTIVITIES • PHOTOGRAPHIC DISPLAY • BLADE SHEARING • SALT BAG SEWING • YACHT SAILING CLUB •  
PERIOD COSTUME DRESSUP



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Cellar Door and Function Centre  
Open 7 days 10am-5pm

BARLEY STACKS  WINES



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# MELBOURNE CUP CALCUTTA AND BBQ LUNCH

5<sup>TH</sup> NOVEMBER, 2023

\$25 PER MEMBER (includes Lunch & Drinks)

\$15 NON-MEMBER (Lunch only Drinks at Bar Prices)

LUNCH AT 12.00

CALCUTTA AT 2.00

RSVP: [secretaryventnorsocialclub@gmail.com](mailto:secretaryventnorsocialclub@gmail.com)

By Friday 27/10 for Catering purposes.

Replies after that date, no lunch available.



## Empowering Your Path to Healing Mindfulness-Based Stress Reduction Exclusively for Veterans



Unlock the potential of mindfulness with our tailor-made program crafted specifically for veterans.

This program draws inspiration from the renowned MBSR developed by Professor Jon Kabat Zinn in 1979, backed by an impressive 40 years of empirical research. It's time to enhance your existing therapy or support system with invaluable tools to navigate the complexities of your healing journey.

Here are some things participants have said about learning mindfulness.

*"MBSR has been life changing for me. Its allowed me to manage my negative thoughts and depression and assisted to make my relationships more productive"*

*"Thankyou for allowing me to learn these skills. As someone who suffers from crippling PTSD, I recommend this course to any veteran who suffers.... I can't recommend this course highly enough"*

- 1. Connect:** Our program creates a safe space for veterans, led by experienced instructors who understand the impact of trauma, and the veteran experience.
- 2. Focus your mind:** Mindfulness becomes your ally, anchoring you in the present moment. Gain valuable insights into your triggers, reactions and coping mechanisms.
- 3. Dig deep:** MBSR emphasizes self-compassion, helping you cultivate kindness and understanding toward yourself as you navigate the path to healing.
- 4. Reinforce resilience:** Rebuild your strength and resilience with specialised techniques to cope with adversity, adapt to life's challenges and thrive in the face of difficulties.
- 5. Support:** You are not alone in this journey. Join a community of like-minded individuals who have walked the same path, and who come together to support one another through recovery.

Register for our Mindfulness-Based Stress Reduction program today and embark on a transformational journey of healing and growth, surrounded by your fellow veterans. It's time to heal, together.



For further information [CLICK HERE](#)  
or contact Elizabeth Granger  
E: [elizabeth@openground.com.au](mailto:elizabeth@openground.com.au) P: 0409 811 037  
[www.openground.com.au](http://www.openground.com.au)

## Healing your Life Mindfulness Based Stress Reduction for Families and Carers of Veterans

This customised mindfulness program for veterans' family members and carers is based on the gold standard mindfulness program MBSR developed by Professor Jon Kabat Zinn in 1979 which has 40 years of empirical research behind it. This course is designed to complement your existing therapy or support system, providing you with invaluable tools to navigate the complexities of your healing process.

**Safe Space:**  
Our program provides a safe and compassionate environment. With the guidance of experienced trauma-informed instructors, you'll be gently led on a journey of self-discovery and acceptance.

**Emotional Regulation:**  
Mindfulness is a powerful tool to anchor yourself in the present moment. You will gain insights into your triggers, reactions, and coping mechanisms, laying the foundation for healing and growth.

**Self-Compassion:**  
MBSR places a strong emphasis on self-compassion, helping you cultivate kindness and understanding towards yourself as you navigate the healing process.

**Resilience Building:**  
To reclaim strength and build resilience you will learn techniques to cope with adversity, adapt to life's challenges, and thrive in the face of difficulties.

**Community of Support:**  
You are not alone on this journey. Join a supportive community of individuals who truly understand and are walking the path of healing alongside you.

Here are some things participants have said about learning mindfulness.

*"Thankyou for allowing me to learn these skills. As someone who suffers from crippling PTSD, I recommend this course to any veteran who suffers.... I can't recommend this course highly enough"*

*"In a nutshell terrific course would recommend it highly. The presentation was spot on after a background of over 50 years of high level training I was perhaps going to be critical"*

*"MBSR has been life changing for me. Its allowed me to manage my negative thoughts and depression and assisted to make my relationships more productive"*



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or contact Elizabeth Granger  
E: [elizabeth@openground.com.au](mailto:elizabeth@openground.com.au) P: 0409 811 037  
[www.openground.com.au](http://www.openground.com.au)

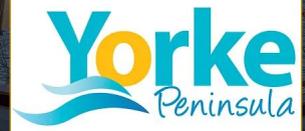
## YORKE PENINSULA'S SALTWATER CLASSIC 2024

The 2024 Yorke Peninsula's Saltwater Classic is scheduled for

# 13-14 April 2024

**Registrations open 1st October 2023**

Watch this website for news on this exciting event.



**Yorke Peninsula's Saltwater Classic**

596 followers

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**Yorke Peninsula's Saltwater Classic**

about a week ago

Registration for Yorke Peninsula's Saltwater Classic open on 1st October 2023!

Check out our website

<http://www.ypsaltwaterclassic.org.au> for more details.



SUN, OCT 1 AT 5:00 AM PDT

**Registrations Open!**

3 people going

**Editor's Comment:-**

Following on from our Gala Day on New Year's Day, this event promises to be a highlight for Port Vincent in 2024.

The two sub-committees of Progress who are working on both events have done an amazing job. Both events promise to be extraordinary. Planning started for the Saltwater Classic in late 2022 to ensure that the event will return (after a Covid hiatus) bigger and better than ever! Check out the website after 1st October for more details.

[www.ypsaltwaterclassic.org.au](http://www.ypsaltwaterclassic.org.au)

# 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 9th October - 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*

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## Your Advertisement or Personal Notice in A FOCAL POINT

assists towards the cost of  
supplying this local paper

Full Page	\$ 40.00
Half Page	\$ 25.00
Quarter Page	\$ 20.00

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

## PORT VINCENT JUSTICES OF THE PEACE

Ms K Hill	8853 7020
Mr T Clerke	8853 7191
Ms W McDonald	0428 537 078

## YORKE PENINSULA PASSENGER SERVICE

Please check the online timetable prior to travelling

[https://ypcoaches.com.au/wp-content/uploads/2021/02/  
d2021-YPPS-Time-Table.pdf](https://ypcoaches.com.au/wp-content/uploads/2021/02/d2021-YPPS-Time-Table.pdf)

*Bus departs from and arrives  
at the Cnr Main Street  
and Marine Parade Port Vincent*

**Bookings Essential**

Phone 8821 2755

[enquiries@ypcoaches.com.au](mailto:enquiries@ypcoaches.com.au)