



# Port Wakefield Community Newsletter

Wednesday February 1st, 2023  
Circulation 450

This is a Publication of the  
Port Wakefield Community Newsletter Inc.  
Email: [p.w.news@hotmail.com](mailto:p.w.news@hotmail.com)  
Published fortnightly



## COMMUNITY CALENDAR

### Monday

CFS Cadets (fortnightly) 5.00pm - 6.00pm  
CFS Training 6.00pm - 8.30pm

### Tuesday

Men's Shed 10:00am-1:00pm  
Dr Nyoni 10.15am-1pm  
SA Ambulance Training 7.30pm-9.30pm  
Library 10am-1pm

### Wednesday

Community Bus (pension week) 9.30am

### Thursday

Transfer Station Open 10am-11am

### Saturday

UC Op-Shop 9.30-11.30am  
Transfer Station Open 10am-12pm

### Sunday

Library 12pm-1.30pm  
Courthouse Museum  
(2nd Sun each month) 11:30am-2:30pm

Transfer Station Open 9am-10am

### Catholic

Mass 9am

### Uniting Church (UC)

Service 10.30am

### Bin Days

Green Bin- Thursday Feb 2nd  
Yellow Bin- Thursday Feb 9th

## Australia Day Citizen of the Year



Congratulations to Nick Marcks, who was awarded Port Wakefield Citizen of the Year for his many years of service to the CFS and local community.

### Thought for the day

*No act of kindness, no matter how small, is ever wasted.*

- Aesop

We acknowledge the Kurna people as the traditional custodians of the Adelaide Plains and pay our respects to Elders past, present, and emerging.

**Our next issue is out on Wednesday February 15th, 2023.**

**News Items** to be submitted by email or to the Newsletter box in the Post Office by **9am on Tuesday February 14th.**



**Lifeline  
Connect  
Clare**

**VOLUNTEER**

**JOIN OUR  
LIFELINE  
CONNECT CENTRE**


Give back to the community, build confidence, meet new friends, Support an important cause, and see the impact you make in your local community

**We're looking for:**

- A caring individual
- A good listener
- Someone who can volunteer on week days

**1 BLANCHE ST - CLARE**

Contact Us  
**08 8842 2827**





**ndis Baptcare**  
Delivering the NDIS in your community

NDIS partner, Baptcare will be in Balaklava to provide help and connect community members with mainstream services and providers and anyone needing assistance to access the NDIS. All of the sessions will be held at Wendy's Cafe n Cakes from 9.30am to 11.30am.

All the upcoming dates are listed below.

- February 2 & 16
- March 2, 12 & 20
- April 13 & 27
- May 11 & 25

**Lifeline  
Connect  
Clare**

Eclipse 2023 is a program that supports people that have experienced suicide attempts.

Suicide can be a hard word to say, let alone be a topic of conversation. The Eclipse group offers support for those who have experienced suicide attempts. The groups provide a safe and non-judgmental space, allowing people to talk about things that they don't want to burden families and friends with.

Discuss strategies that may be helpful in keeping you safe so you can see a more hopeful future. A closed group meeting for 2 hours per session run over 8 weeks.

Free – No referral necessary.  
A safe environment supported by highly trained facilitators and lived experience peer supports.  
Internationally accredited curriculum.

Group dates and times:  
Mondays 5.30pm – 7.30pm  
6 February 2023 – 3 April 2023.

Venue:  
1 Blanche Street, Clare

Contact:  
Lorna Woodward – 08 8842 2827  
lornawoodward@llbhc2c.org.au

**Port Wakefield Newsletter  
Annual General Meeting**

Thursday March 9<sup>th</sup>  
5:30pm at the Newsletter Office.

All welcome to attend.

Come on down and have your say on  
the direction of your community  
newsletter!

**Quiz Questions**

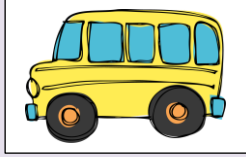
- 1-Which AFL team merged with the Brisbane Bears in 1996?
- 2-What decade did Play School appear on Australian TV for the first time?
- 3-According to the Beatles, who “Picks up the rice in a church where a wedding has been”?
- 4-Colonel Mustard and Reverend Green are characters in which board game?
- 5-What unusual objects fell from the sky over Esperance, WA, in 1979?

## Community Bus

Dates for Community Bus to

### **Balaklava-**

February 1st  
February 15th



### **Munno Para and Salisbury**

March 6th

Pickup at 9:30am,  
Depart Balaklava at 12:45pm

Contact Helen on 0407 671 141 to book your seat

## **In the Garden**

We've had a few hot days lately and our potted plants may have become hydrophobic. This is when the water drains straight through the potting mix because it has dried out.

I found a good tip from Bunnings to restore plants like this:

Place the pot in a bucket of water and let it soak for a couple of hours. This will rehydrate both the soil and plant roots.

If you're planning on planting some vegetables you could include leeks, cabbage, silverbeet, lettuce, sweet corn, cauliflower, broccoli, eggplant, and tomatoes.

If you're thinking flowers, then alyssum, antirrhinum, aster, begonia, carnation, cornflower, cosmos, dahlia, daisies, dianthus, foxglove, tanzania, impatiens, marigold, petunia, salvia, and zinnia should grow well.

Happy gardening,

Pelita



## WORK WANTED

- Unskilled labour
- Gardening
- Housekeeping
- General duties
- Yard cleaning
- Heavy lifting
- Anything!

\$20 an hour or \$17.50 for pensioners.

Phone Tumai anytime  
on 0457 126 837

Running out of ways to eat your bountiful tomato crop? Make a batch of tomato relish and enjoy it all year round!



### **Classic Tomato Relish**



- 1.5kg tomatoes -500g onions
- 2 tablespoons salt -2 cups brown vinegar
- 1 tablespoon curry powder – 2 cups sugar
- 1 tablespoon mustard powder - ¼ teaspoon pepper
- Extra 2 tablespoons vinegar - 2 cups of sugar

- 1- Slice tomato and onion, sprinkle with salt in a big bowl, and leave in the fridge overnight.
- 2- Drain off the liquid, mix tomato and onion with the vinegar in a large pan and boil for 5 minutes.
- 3- Blend curry, mustard, and pepper with the extra 2tbsp of vinegar and add to the pan. Simmer for 45 minutes, then add the sugar and simmer for another 45 minutes, or until nice and thick.
- 4- Bottle and seal in hot, sterilised jars while relish is still hot. Store in a cool, dark place. Refrigerate once opened.

CLARE VALLEY  
RACING CLUB INC.



2023

# CLARE VALLEY

## Autumn Races



SCAN FOR  
TICKETS  
AVAILABLE

[countryracingsa.com.au](http://countryracingsa.com.au)



SC Heinrich

### Family Fun Day

Sunday 12th March

TAB

### Easter Race Day

Saturday 8th April



JIM BARRY  
CLARE VALLEY



## HOME AND GARDEN MAINTENANCE

**0459 363 186**

### **GARDEN & OUTDOOR SERVICES    MAINTENANCE SERVICES**

- |                       |                        |                       |
|-----------------------|------------------------|-----------------------|
| *Lawns & Edges        | *Flyscreen Replacement | *Weeding & Pruning    |
| *Tap Washers Replaced | *Rubbish Removal       | *Door & Window Locks  |
| *Window Cleaning      | *Fence & Gate Repair   | *Solar Panel Cleaning |
| *Gutter Cleaning      | *On-site Welding       | *Plus so much more    |

FREE QUOTES

PENSIONER RATES APPLY

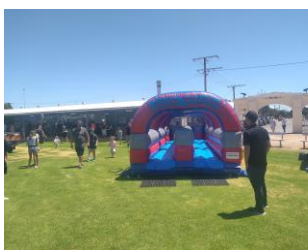
FAST, FRIENDLY, RELIABLE, LOCAL SERVICE

### **Port Wakefield Overpass and Highway Duplication Opened**

The Port Wakefield Overpass and Highway Duplication projects have been officially opened. The \$124.5 million of works completed include:

- Two lanes in each direction through Port Wakefield, with allowance for safe U-turns
- A new two-lane overpass for traffic travelling southbound from the Copper Coast Highway to Port Wakefield, and for traffic travelling along the Augusta Highway to the Copper Coast Highway
- The removal of hazardous turns at the intersection of the Port Wakefield, Copper Coast and Augusta highways
- Improved pedestrian access and landscaping in Port Wakefield
- Realignment of the Balaklava Road intersection to allow for safer turns.
- New bridges over the Wakefield River

On Saturday January 21, the Port Wakefield to Port Augusta Alliance held a community celebration day at Port Wakefield Oval to mark the occasion, and hundreds of locals turned out to enjoy a sunny afternoon of music, free food, and games. Minister for Roads Geoff Brock, Mayor Rodney Reid, and MPs Fraser Ellis and Rowan Ramsay all attended the festivities.



## LET'S GLOW!

### Coconut Oil – The Miracle Oil – Part 3!

#### Beauty Uses For Coconut Oil

Let's keep talking about the miracle of Coconut oil. Studies show that coconut oil - which is extracted from the meat of mature coconuts - may improve skin barrier function and repair, has anti-inflammatory and antibacterial properties, fights the signs of skin aging, and makes an effective moisturiser.

And, well, coconut oil smells like cookies. "Is there anything more luscious than coconut oil?" I can't really think of anything - but I can think of amazing beauty uses for coconut oil that don't require spending a fortune. In fact, all you need is one thing: Raw (and preferably organic) virgin coconut oil.

Now, as tempted as you might be to use it on your peeling sunburn (hello, trapped heat!) or on a fresh cut (stick to antibiotic ointment), you may want to hit pause. Coconut oil won't work for every ailment - or every skin type (especially if you're acne-prone, since it's known to clog the pores). Instead, these are the natural, DIY coconut oil tricks that doctors actually recommend.

#### Conditioning Hair Mask

Implementing coconut oil into your normal hair care routine may also be helpful for the treatment of dry, itchy scalp. When using coconut oil for dry scalp, gently massage the coconut oil on the scalp directly (think of it as a scalp medicine rather than for the hair). Typically, we recommend applying a thin layer or pea-sized amount of coconut oil after you shower and resume your normal hair care routine.

To treat dry, frizzy, or brittle hair, start massaging the coconut oil into the hair closer to the ends and away from the roots for a helpful trick to avoid a greasy scalp at bedtime. You can also use coconut oil as a hair "mask." In the morning, you will be pleased to wake up to smooth, shiny hair.

#### Body Scrub

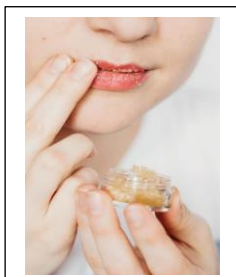
Combine 1/2 cup coconut oil and 1/2 cup coffee grounds and firmly massage into your thighs and booty to increase circulation and reduce the appearance of cellulite.

#### Lip Scrub and Lip Gloss

Mix a tablespoon of coconut oil with a teaspoon of sugar for a quick, easy, and edible lip scrub. Apply a small, dime-sized amount of coconut oil to dry lips for quick shine.

#### Cuticle Oil

Use coconut oil to soften your hands and rough feet. Massage it into nail beds for a simple cuticle cream that also helps improve nail strength. Rub on your hands for a natural moisturizer that helps reduce fine lines and age spots.



#### Keep On Glowing!

Jaine Collins-Dodd



## Yesterday's News



*The Central Advocate* Feb 5th, 1904

Port Wakefield. February 3.

Last night a meeting of the newly formed Brass Band was held at the Rising Sun Hotel, when the instruments were distributed, and judging by the noise that was made we have the formation of a strong band. After the meeting several of the bandsmen who can only just blow their instruments went serenading their young ladies and made things very uncomfortable for the other residents, as such instruments as bombardon or euphonium do not make a very pleasant noise when the performer cannot blow straight, and should they take that game on again trouble is predicted, as several residents were seen roaming around with guns this morning looking for intruders.

[trove.nla.gov.au/newspaper/article/207077484](http://trove.nla.gov.au/newspaper/article/207077484)

## GIVEAWAY

Kitchen table.

Wooden laminex top, solid wooden,  
with removable legs.  
5ft x 3ft (152cm x 92cm)

Phone Mary Thompson 0411 377 633

When I get a headache I take two aspirin and keep away from children just like the bottle says.

Just once, I want the prompt for username and password to say, "Close enough."

The ability to speak several languages is an asset, but the ability to keep your mouth shut in any language is priceless.

Be decisive. Right or wrong, make a decision. The road is paved with flat possums who couldn't make a decision.

(Thanks to John Wheatley)



# GROCERIES

All your essential groceries....  
now including fresh meat & veg!

<b>500gm BBQ Sausages</b>	<b>\$6.45</b>
<b>500gm Beef Mince</b>	<b>\$8.95</b>
<b>2.5kg Potatoes</b>	<b>\$4.95</b>
<b>1kg Brown Onions</b>	<b>\$3.45</b>
<b>1kg Carrots</b>	<b>\$2.35</b>
<b>1kg Tomatoes</b>	<b>\$6.50</b>
<b>1ea Lettuce Iceberg</b>	<b>\$5.95</b>
<b>1ea Cucumber Continental</b>	<b>\$2.65</b>



# JOEL WILSON PLUMBING & GAS 0458 103 833

I'M A PLUMBER FOR CRYIN' OUT LOUD! I HAVE  
A LICENSE TO WEAR MY PANTS THIS LOW!!



EFTPOS available

Opening hours: Tuesday, Wednesday & Thursday from 9am until 3pm, or by  
appointment.





# Birthdays



## February

**Birthstone-** Amethyst  
**Flower-** Violet

February 2- Ryan Lane-Watson

February 5- Trish Halls

February 6- Malcolm Yeats  
Andrew Holland  
Marie Lane

February 7- Amelia Cicolella  
Brock Cornish

February 11- Kristy Eglinton

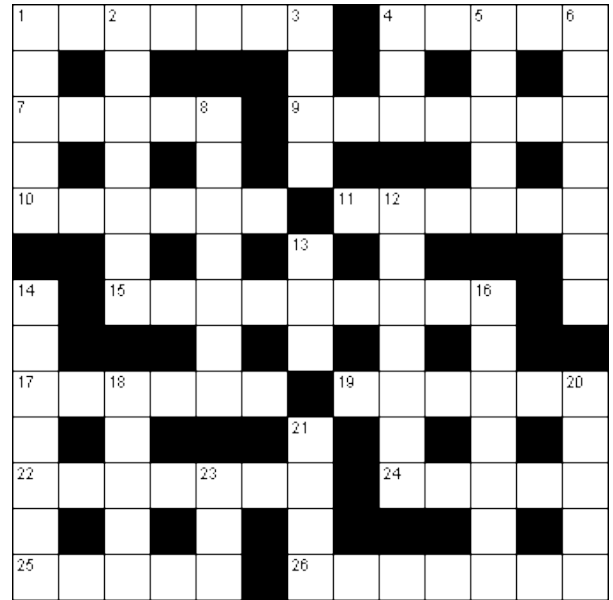
February 12- Brian Underwood

February 14- Jonathan Coverdale  
Mandy Coverdale

## Anniversaries

February 1- Tom and Julie Robertson

# Crossword 40



### Across

1. Moment (7)
4. Graphic (5)
7. Steps (5)
9. Love story (7)
10. Gives up (6)
11. Topics (6)
15. Nutritionist (9)
17. Nearly (6)
19. Movie genre (6)
22. Transport system (7)
24. Dye (5)
25. At a subsequent time (5)
26. Recite (7)

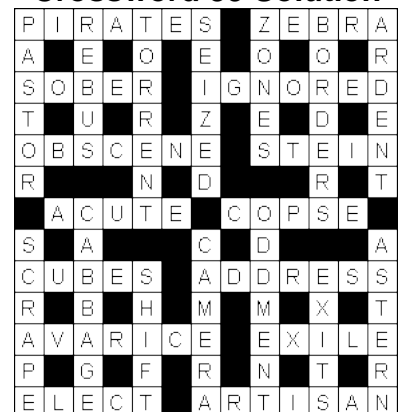
### Down

1. State indirectly (5)
2. Accomplish (7)
3. Limited period of time (4)
4. Vitality (3)
5. Animal toxin (5)
6. Chest of drawers (7)
8. Sorrow (7)
12. Monstrous (7)
13. Fuel (3)
14. Angry dispute (7)
16. Paradise (7)
18. Slightly wet (5)
20. Scope (5)
21. Song of praise (4)
23. Armed conflict (3)

## Quiz Answers

- 1- Fitzroy Lions
- 2- The 1960s (1966)
- 3- Eleanor Rigby
- 4- Cluedo
- 5- Pieces of the Skylab space station

## Crossword 39 Solution



## Port Wakefield Bait Tackle & Camping



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Worms  
Mullet Mix  
And more...

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Crab Rakes  
Nets  
Soft Plastics  
and more...

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Flashlights  
Fly nets  
Fuel Containers  
Butane

Highway one, Port Wakefield.  
Next to Port Wakefield Motors.



## PODIATRIST

15 EDITH TERRACE  
BALAKLAVA SA 5461

### Opening Hours:

- Monday 9-3
- Tuesday 9-3
- Wednesday 9-3
- Saturday 10-1

Phone: 88290967

Email: libby@carepluspodiatry.com.au

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- Cape Tulip



Call Andrew Boylan  
Office 8842 2001  
422 Main North Road, Clare  
HEALTH COMM. LIC NO 12

VR2248663



Monday 9:30am – 1:00pm

Tuesday 9:30am – 4:30pm

Wednesday 9:30 – 1:00pm

Thursday Closed

Friday 9:30am – 4:30pm

**22A Burra St.**  
**Port Wakefield**  
Phone/fax 88671566  
Proprietor – A Rosser & Partners

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## FRASER ELLIS MP MEMBER FOR NARUNGA



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