



# Port Wakefield Community Newsletter

Wednesday March 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 11:30am-2:30pm  
(2nd Sun each month)

Transfer Station Open 9am-10am

### Catholic

Mass 9am

### Uniting Church (UC)

Service 10.30am

### Bin Days

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

## Community Bus to Munno Para and Salisbury

Monday March 6th



Pickup begins at 8.30am and we aim to  
be home by 3.00pm.

Please contact Helen on 0407 671 141  
to book your seat.

### Thought for the day

*Everything has its wonders, even darkness and  
silence, and I learn, whatever state I'm in, therein to  
be content.*

*—Helen Keller*

We acknowledge the Kaurna 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 March  
15th, 2023.

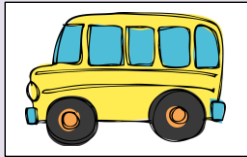
News Items to be submitted by email or to the  
Newsletter box in the Post Office by 9am on  
Tuesday March 14th.  
Info Phone: Jill 0448 709 800

## Community Bus

Dates for Community Bus to

### **Balaklava-**

March 1st  
March 15<sup>th</sup>



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

### **Munno Para and Salisbury**

March 6th

Pickup begins at 8.30am and we aim to be home  
by 3.00pm.

Contact Helen on 0407 671 141 to book your seat



### **ACCIDENTAL COUNSELLOR**

The 4-hour Accidental Counsellor Training provides you with the necessary skills and tools to be able to draw from if ever called upon in a counselling and caring capacity. It teaches participants to respond appropriately, efficiently, and effectively to people in crisis or distress when there may not be a professional immediately available.

Developed using adult-centered learning principles, strengths-based approaches, and unconditional positive regard, as well as active listening and activities that aim to facilitate effective learning outcomes.

The Project received grant funding from the Australian Government in partnership with the Foundation for Rural & Regional Renewal.

Open for 16+ No prior skills or knowledge required.

Location: Paxton Function Centre, 1 Kingston St, Burra SA 5417

Date & Time: Wednesday 1 March 10am – 2:30pm

Register: Contact Shelby Jones on 08 8087 7525 or email [admin@llbhc2c.org.au](mailto:admin@llbhc2c.org.au)

## 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

## **Free Exercise!**

We're looking for a volunteer to deliver the newsletter on Edward Street. If you can help, please call Jill on 0448 709 800 or send us an email at [p.w.news@hotmail.com](mailto:p.w.news@hotmail.com). Thanks!



### **Quiz Questions**

- 1-What is the capital of Jamaica?
- 2-Rhebok, dik-dik, and impala are all what type of animal?
- 3-What does a fletcher make?
- 4-What is Australia's most common surname?
- 5-What poison is contained in apple seeds?

## Clementina Corner is Now Open!



Every Tuesday from 10am-1pm and the second Sunday of every month when the Museum is open.

## CMC Meeting

Tuesday 14<sup>th</sup> March 2023  
Soldiers Memorial Hall  
6:30pm



## Port Wakefield Newsletter Annual General Meeting

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

## LET'S GLOW!

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

Coconut oil is incredibly popular as we know – and for good reason! It offers many health benefits (both inside and out), has a delicate taste and is widely available.

It's also an extremely versatile oil with a number of uses as you have been learning about in previous editions of this newsletter. So for the final instalment, I will share a few more ideas for uses of this miracle oil.

#### *Makeup Remover*

Dab a cotton pad with coconut oil for a chemical-free eye makeup remover that also moisturizes the thin skin around eyes. Gently wipe over the eye area. It works great on stubborn waterproof mascara and eye shadow.

#### *Massage Oil*

If the tropical scent alone isn't enough of an incentive, coconut oil works well as a massage oil. Rub it into the skin for soothing and hydrating benefits, and enjoy that beachy scent while it helps prevent and diminish the appearance of stretch marks.

#### *Deodorant*

Coconut oil and baking soda is also an effective DIY deodorant. Be warned, it may take a few days for your body to adjust, but once it does, you may find that you no longer need super-strength commercial deodorants or antiperspirants.

#### *Hand Sanitiser*

Combine 6 drops of lavender or tea tree essential oil with 2 tablespoons of coconut oil, and rub it into your hands as a natural antiseptic moisturizer for your hands.

#### *Improve Your Dental Health*

Coconut oil can be a powerful weapon against bacteria, including Streptococcus mutans, the bacteria in your mouth that causes dental plaque, tooth decay, and gum disease.

In one study, swishing with coconut oil for 10 minutes - known as oil pulling - reduced these bacteria as effectively as rinsing with an antiseptic mouthwash. In another study, swishing daily with coconut oil significantly reduced inflammation and plaque in teenagers with gingivitis (inflamed gums)

### Keep On Glowing!

Jaine Collins-Dodd





**PORT WAKEFIELD UNITING CHURCH**  
**OP SHOP**

**HOMEWARES**  
**BARGAIN BONANZA**

**SATURDAYS**  
**25<sup>TH</sup> FEBRUARY TO 25<sup>TH</sup> MARCH**  
**9.30AM - 1.30PM**

**Blankets ★ QB Continental Quilt ★ Curtains**

**Sheets ★ Pillowcases ★ Towels**

**Tablecloths ★ Tea Towels ★ Doilies**

**Crockery ★ Cutlery ★ Utensils**

**Church Hall, 21 Mine Street** (Opp. Primary School)

**Don't forget: Check out our range of clothing for all ages & sizes,  
shoes, toys and much, much more in the Op Shop next door.**

**\*\*\*Cash only - no credit card facilities available\*\*\***



## HOME AND GARDEN MAINTENANCE

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FREE QUOTES

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### Yesterday's News

*South Australian Chronicle* March 17, 1893.



#### STABBING AFFRAY AT PORT WAKEFIELD.

A big burly swagman, name unknown, got the worse for liquor on Saturday afternoon and became quarrelsome, and in the scuffle stabbed a man named Buckley in the neck.

M.C. Searson narrowly escaped being stabbed when arresting the man, and after a struggle pinned him to the ground and with assistance wrenched the knife from him. The arresting constable received a nasty kick in the face.

The prisoner when overcome became sulky and had to be carried to the lock-up, where he will be tried in the morning. Buckley's wounds were dressed by Dr. Gregerson, and he is progressing favorably, but had a narrow escape.

Water carting has commenced, and many farmers are busy tilling their land. Sowing will commence about Easter.

[trove.nla.gov.au/newspaper/article/92305963](http://trove.nla.gov.au/newspaper/article/92305963)

Hummocks Watchman Eagles are taking registrations for both football and netball now. Check out their Facebook page for more details!

Unsure what footy team your child will be in this year? Here's a quick & easy guide.

SENIOR COLTS		JUNIOR COLTS	
<u>U/17s</u>		<u>U/14s</u>	
2006		2009	
2007		2010	
2008		2011	

<u>MINI COLTS</u>	<u>MINI MINIS</u>	<u>AUSKICK</u>
<u>U/11s</u>	<u>U/8s</u>	2017
2012	2015	2018
2013	2016	
2014		

# 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.





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

# Birthdays

## March

**Birthstone-** Bloodstone  
**Flower-** Jonquil



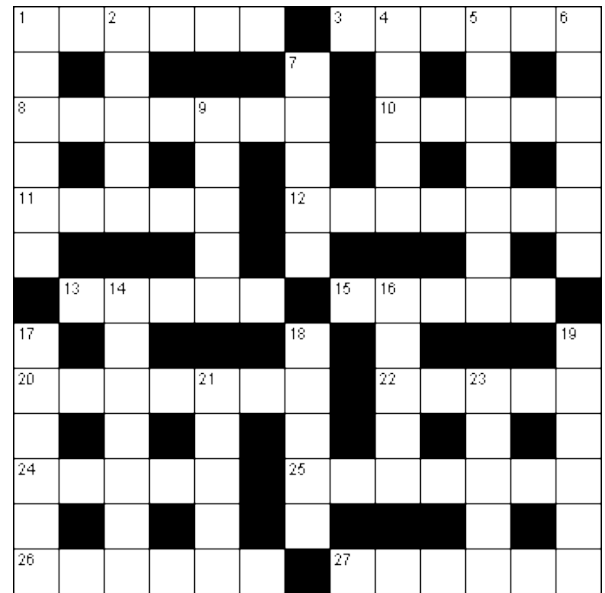
March 4- Casey Lane-Watson

March 5- Katene Underwood

March 10- Sienna Butson

March 11- Mark Moreton Jr.

# Crossword 42



### Across

1. Knowledgeable person in a particular field (6)
3. Receive something offered (6)
8. Circuitous (7)
10. Luxury craft (5)
11. Prominent (5)
12. Out of the ordinary (7)
13. In front (5)
15. Felt pain (5)
20. Frequent patron (7)
22. Mindful (5)
24. Once more (5)
25. Imbue (7)
26. Firstborn (6)
27. Request for a sum of money (6)

### Down

1. Oar (6)
2. Not at any time (5)
4. Aquatic South American rodent (5)
5. Leave out (7)
6. Aggregates (6)
7. Progeny (5)
9. Last letter of the Greek alphabet (5)
14. Emaciated (7)
16. Item of furniture (5)
17. Colonnade (6)
18. Juicy fruit (5)
19. Breakfast food (6)
21. Parts of a chain (5)
23. Die away (5)

We need your help to keep our Birthday and Anniversary section up to date.

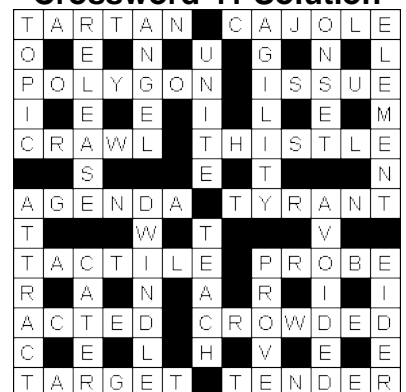
If you're around the Post Office and have a moment, please drop in and take a look at the birthday book. We don't want to accidentally print birthdays of people who have passed away or moved out of town — or wedding anniversaries of couples who've split up!



### Quiz Answers

- 1-Kingston 2-Antelopes  
 3-Arrows 4-Smith  
 5- Cyanide (though you'd have to eat over 100 seeds for it to be deadly.)

### Crossword 41 Solution



## Port Wakefield Bait Tackle & Camping



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 0457455429  
 0481990993

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 Worms  
 Mullet Mix  
 And more...

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 Hooks  
 Sinkers  
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 Jigs and Jags  
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 Oils

ICE  
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 and more...

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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



# MID NORTH

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- Salvation Jane
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- Calthrop
- Horehound
- Cape Tulip



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

VR2948663



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

# T.A. REDDEN

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Terry:

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taredden@internode.on.net



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## FRASER ELLIS MP

MEMBER FOR NARUNGA



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# WH TREVERTON

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0417 889 753

15 Railway Tce  
Balaklava SA 5461  
Home phone: 8862 1509



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