



Port Wakefield Community Newsletter

Wednesday March 15th, 2023
Circulation 450

This is a Publication of the
Port Wakefield Community Newsletter Inc.
Email: 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 10.00am
(Just changed from 10:30)

Bin Days

Yellow Bin- Thursday March 23rd

Port Wakefield Community Newsletter Easter Raffle



Tickets \$1 each from the Rising Sun,
Post Office, and Caravan Park.

Prize drawn on Tuesday April 4th.

Thought for the day

Nobody gets to live life backwards. Look ahead, that is where your future lies.

-Ann Landers

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 March 29th, 2023.

News Items to be submitted by email or to the Newsletter box in the Post Office by 9am on Tuesday March 28th.
Info Phone: Jill 0448 709 800



Adelaide Treasure Hunters Club Inc. (ATHC INC.)



Land Owners and Pastoralists

Have you ever wondered what life was like when the old building ruin on your property was in its heyday? Have you lost a treasured item in the bottom paddock? Or do you have an interest in all things historical?

The Adelaide Treasure Hunters Club may be able to help you.

ATHC INC is a well-established and respected club of 40 years standing. We are seeking permission from interested landholders and pastoralists to metal detect on their property. We have a dedicated Field Officer who ensures minimal disturbance to the environment, and attendance at our field days is on average 20 to 25 members. All targets found will be reported to the landowner.

If you have an interest in metal detecting and/or would like us to assist with anything related to the above, then please call our Field Officer or ATHC President at the following numbers.

Field Trip Officer: Chris Lay. 0409 208660
ATHC. President: Albert Oliver. 0401 832 960

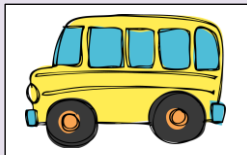
Community Bus

Dates for Community Bus to

Balaklava-

March 15th

March 29th



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

Contact Helen on 0407 671 141 to book your seat

WORK WANTED

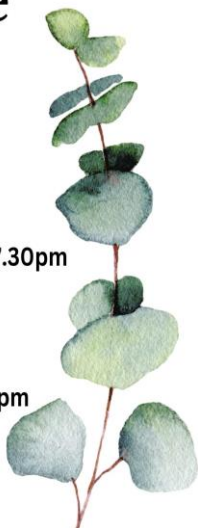
- Unskilled labour
- Gardening
- Housekeeping
- General duties
- Yard cleaning
- Heavy lifting
- Anything!

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

Phone Tumai anytime
on 0457 126 837

March in Price

- 3rd Club tea - RFDS
- 7th Semi final Price Night tennis 7.30pm
- 8th Scone Time @ SM Hall 10am
- 8th Green Bins out
- 10th Club tea - Tennis club
- 12th Price church 9.30am
- 14th Preliminary final Price Night tennis 7.30pm
- 15th PPA Committee meeting 7.30pm
- 17th Playgroup @ SM Hall 9.30am
- 17th Club tea - Price Church
- 21st Grand Final - Price Night tennis 7.30pm
- 24th Club tea - Indoor Bowls
- 26th Price Church 9.30am
- 31st Club tea - Price Church



HUMMOCKS WATCHMAN EAGLES

2023 JUNIOR FOOTBALL INFORMATION




TRAINING

WEDNESDAY NIGHTS AT PORT WAKEFIELD OVAL, 5PM - 6PM

U/17 Senior Colts & U/14 Junior Colts } start Wednesday March 29

U/11 Mini's & U/8 Mini Mini's } start Wednesday April 12th

Auskick (turning 5 and above) } 10 week program in Term 2

HOME GROUNDS

We have two home grounds - Port Wakefield and Lochiel. The first four home games are at Port Wakefield and the last four home games are at Lochiel.

SUBS Senior Colts/Junior Colts - \$50 (+SANFL fee)
Minis/Mini Minis - \$25 (+ SANFL fee) Auskick - \$100

NOTE: Sports vouchers can be used. Please redeem during registration (at the checkout). If using a voucher, a \$15 SANFL levy will still apply.

SATURDAY GAME TIMES

Senior Colts - 11.25am
Junior Colts - 10.20am
Minis & Mini Minis - 9am

BOYS AND GIRLS WELCOME

More Information: ☎ 0429 642 253 - Dillon Catford
☎ 0407 795 920 - Anthony Williams (president)



HUMMOCKS NETBALL CLUB

2023 JUNIOR NETBALL INFORMATION




TRAINING

WEDNESDAY NIGHTS AT PORT WAKEFIELD COURTS 5.15PM - 6.15PM

All junior grades: start Wednesday March 29th

NET SET (for those turning 5 and above): 10 week program in Term 2

HOME GROUNDS

We have two home grounds - Port Wakefield and Lochiel. The first four home games are at Port Wakefield and the last four home games are at Lochiel.

SUBS All junior netball grades - \$100

NOTE: Sports vouchers can be used. If using a voucher, please email secretary at hncsecretary@hotmail.com, upon registering.

SATURDAY GAME TIMES

17 & U - 11am 13 & U A - 11am
15 & U - 10am 13 & U B - 10am
10 & U - 9am

NEW FAMILIES WELCOME!

More Information: ☎ 0408 859 451 - Claire Catford
☎ 0439 829 242 - Bridget Guthberg (president)



Donuts

Ingredients

1 egg
1 tsp vanilla sugar
Orange zest
½ tsp salt
1 tbsp sugar
1 tbsp vegetable oil
8g yeast
7g baking powder
150ml warm water
100g semolina
250g flour
Cooking oil for frying and sugar for sprinkling



Method

- 1- Dissolve yeast and sugar in warm water. Add flour and let rise for 10 minutes
- 2- Add the rest of the ingredients and knead into dough.
- 3- Roll it out, cut into donut shape, and leave to rise again.
- 4- Fry them up in plenty of oil, then sprinkle your donuts with sugar.

In the Garden. 14 March 2023

March is the perfect time to plant your winter veggies. Get your seedlings in now for a winter harvest.

Plant in well-drained fertile soil. Your garden beds will be hungry this time of year, so dig plenty of organic compost into the soil, and adding some blood and bone is always extra good. Water well. This will feed the micro-organisms and enrich the soil for your next crops.

I personally like to use seedlings, but you might like the challenge of planting and rearing the seedlings in small containers or even an egg carton, or of course, put the seeds directly into the garden bed.

Plant cruciferous vegetables such as lettuces, kale, spinach and silver beet, cauliflower, Brussel sprouts, broccoli, broccolini, bok-choy, green and red cabbage, and Chinese cabbage (which incidentally has significantly more vitamins and minerals than regular cabbage)

In addition to their high vitamin C and K levels, cruciferous veg are also full of folic acid and antioxidants. Studies link having at least three servings per week with slower aging and a reduced risk of disease. Eating them can also reduce the risk of obesity, heart disease, high blood pressure, and even mental decline.

When planting your lettuces, a tried and true way of growing them successfully is in a pot. You can team them with flowers like lobelia, dianthus and calendula, which are perfect to plant now.

For your herb garden, plant Swiss chard, collard greens, parsley, thyme, watercress, lemon balm, sage, mint, and marjoram, which also do well or even best in pots.

Autumn is the time to get out your pruners and prune your evergreen shrubs, by doing so you'll encourage new shoots. Herbaceous perennials that have finished flowering will need to be cut back. New flowers will spring up once this is done

Autumn is a delightful time to be outside in your garden. The heat is gone, it's not too cold yet and the very balminess of it beckons, so spend some time in your garden and let the joy of it refresh your soul.

Happy gardening,

Pelita



WE NEED YOU!
WILL YOU ANSWER THE CALL?
VOLUNTEER NOW
BECOME A FIREFIGHTER

For more information drop into the Port Wakefield CFS Station after 6PM on Mondays

LET'S GLOW!

Homemade Face Scrubs – Part 1...

Exfoliation just might be the most underrated step in skin and body care of all time! That's a grand statement to make, but it's very true. Exfoliation is key to the effectiveness of every other step in our skincare regimen. Without exfoliating, we won't know our skin's potential.

What Us Exfoliation?

Exfoliation is the physical and/or chemical removal of the outermost layer of dead skin.

Why Do We Need To Exfoliate?

Dead skin, makeup, sweat, oil, and free radicals (another term for toxins in the body) all take a serious toll on our skin. And age makes an impact on this process, as well. When we are kids, our skin does a fabulous job of sloughing off those layers. But as we get older, it gets tougher for our skin to do the job on its own, and our self-exfoliation rate slows down. We also don't make fresh skin as quickly, and the dead layers stay around on the surface a little too long. These dead skin cells hold onto irregular pigment particles, making our skin appear dull, uneven, and blemished.

Our pores also end up getting clogged with these sticky cells, causing blemishes. We could end up with acne and uneven pigmentation, in addition to a lackluster, dull appearance. So this is why we exfoliate—to help our skin do its job!

The Benefits Of Exfoliating

Exfoliation can help: brighten skin, even out skin tone for a better complexion, prevent and manage breakouts, alleviate pore clogging and hydrate and moisturise new skin. Exfoliation can help every item in your skincare routine work as intended, from serums to body lotions. When dead skin cells are not exfoliated properly, they actually insulate your healthy skin below and keep it from absorbing the active ingredients in your skincare regimen..

Tips For Using Homemade Face Exfoliator

Use before bed: Nigh time is the best time for a good scrub. This allows your skincare products to better absorb while you sleep.

Start clean: Use a natural face cleanser first to remove surface oil and makeup. The skin doesn't have to be dry if you've just washed your face or taken a shower.

Be gentle: The goal with any facial exfoliant is to gently lift off dead skin cells without abrading healthy skin. Facial scrubs typically use finer ingredients so as not to scratch, irritate, or damage the skin. If your face burns or is red, you are being too aggressive.

Apply in circles: Scrubs should be applied gently and in circular motions using your lightest touch, avoiding the eye area.

Be consistent: Most people find that 1–3 times a week is sufficient for exfoliation, but this will change with age, hormones, climates, and seasons. Be patient and consistent in your skincare regimen to get the best long-term results.

In the next few editions I will share some recipes for homemade face scrubs for different skin types!

Keep On Glowing!
Jaine Collins-Dodd



Australia Day



On the morning of January 26th this year, a small group of dedicated Aussies were present at the Port Wakefield Soldiers' Memorial Hall to celebrate Australia Day.

Organised by two young members of the Community Management Committee, Alisha Luppino was the Master of Ceremonies and carried out her part with confidence. Tara Baggendorf presented an interesting article on the history of Australia Day.

It was pleasing this year to also have husband and wife team Lucio and Alma of our local Filipino community involved.

The hall was spic and span and was decorated for the occasion; Alma assisted Rita in table preparation, and with a commanding and professional voice, Lucio sang the National Anthem, and also the song, 'We Are Australian.' Those present were invited to join in the chorus of this well-known and popular song.

The girls also organised a large selection of freshly-cut sandwiches, and cakes and delicacies were served with tea, coffee, or cordial, and each table had a supply of chilled bottled water, which was appreciated.

For his effort in volunteering with the Country Fire Service, Nicholas Marcks (Clipsal) was presented with the award for Port Wakefield Citizen of the Year by John Kipling.

Although Covid, for the past few years, had disrupted Australia Day celebrations, this year the time was altered and the breakfast became a morning tea – a good start to a hopefully clear run of Australia Day celebrations. A great effort by all concerned.

-Christine Diotti

Quiz Questions

- 1- What are the only two mammals that lay eggs?
- 2- Cirque de Soleil began in which country?
- 3- In Indian cooking, what is jaggery?
- 4- What substance are fingernails made of?
- 5- What is the only US state beginning with the letter P?



Port Wakefield Darts Association

WE WANT YOU!

Calling all darts enthusiasts, NOW is the time to get teams together for the 2023 season.

Register your interest TODAY!!!!

Meeting to be held at the Rising Sun Hotel
Monday 20th of March 7:00pm

A team captain or representative for your team should attend this meeting. During the meeting we will discuss, vote on and finalise:

- Team Names
- Players
- Home grounds
- Cost per team to play
- Raffles
- Amount of games required to play to qualify for finals

Things you need you know:

- Minimum of 4 players per team (with 1-2 reserve players would be ideal)
- Games start 7:30 pm each Wednesday beginning on April 12th

If you have a team of 3 or just a single player looking to join the competition please message the Facebook group or contacts below and we will see if we can put a team together for you.

Teams to be registered with PWSDA by or at the meeting on **Monday 20th March 2023**

FB Messenger:	Port Wakefield Social Darts Association
PWSDA President:	Cameron 0448 966 717
PWSDA V/President:	Vicki 0401 156 592
PWSDA Secretary:	Tyrone 0417 792 258
PWSDA Treasurer:	Ashley 0408 867 161

PORT WAKEFIELD UNITING CHURCH
OP SHOP

HOMEWARES
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SATURDAYS
25TH FEBRUARY TO 25TH MARCH
9.30AM - 1.30PM

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Sheets ★ Pillowcases ★ Towels

Tablecloths ★ Tea Towels ★ Doilies

Crockery ★ Cutlery ★ Utensils

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Yesterday's News

The Wooroora Producer March 7th, 1918.



PORT WAKEFIELD, March 4

The weather of late has been from warm to hot and is now back to cool. During February the rainfall amounted to 14 points; last year 222 points; 1916, 9 points, and 1915, nothing.

In a conversation with an old tramp the writer was informed that the usual signs, picked up by him from the beasts of the fields and birds of the air, including the busy ant, point to a wet season later on. The ant is as good and more reliable than the best weatherglass, and by their antics they are preparing for a long and wet winter as the amount of food being stored up indicates a long spell of idleness in the near future. A peculiar kind of bird has been noticed in this locality which is a forerunner of wet weather. He, however, places great confidence in the near elections, wherein he predicts the Labour Party getting back into power, which is the surest sign of prosperity and plenty of cash.

Asked what he thought about the plague of rabbits, his opinion was that they are merely following the mice plague and will disappear as quickly as those rodents did. He uttered a word of warning to be on the look-out for an inrush of rats at an early date, owing to the wheat stacks in some cases (but not many) being mice proof, and would be taken care of by the rats, who found access where mice could not.

(trove.nla.gov.au/newspaper/article/207105650)

(Editor's note: Labor did not win the April 1918 election and SA's rainfall was below average that year, proving that, sadly, old tramps aren't always the best source of advice.)

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EFTPOS available

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



Lic No. PGE269220

ABN: 84 627 968 729

Birthdays

March

Birthstone- Bloodstone
Flower- Jonquil

March 15- Shaylee Hocking

March 18- Ryley Milton

March 21- Dianne Chadbourne

March 23- Alex Butson

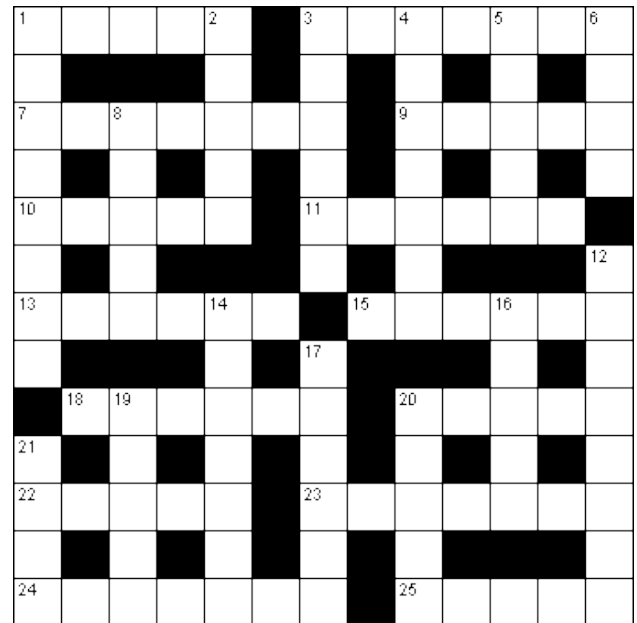
March 24- Xavier Cornish

March 25- Frances English

March 28- Corey Milton
Haylee Studham



Crossword 43



Across

1. Large oval fruit (5)
3. Units of time (7)
7. Fished commercially (7)
9. Several music tracks issued together (5)
10. Irritated (5)
11. Birds of prey (6)
13. A business that serves other businesses (6)
15. Published (6)
18. Save from loss or danger (6)
20. Having three dimensions (5)
22. The relative magnitudes of two quantities (5)
23. Passage selected from a larger work (7)
24. School for special training (7)
25. Flowed back (5)

Down

1. Based on traditional stories (8)
2. Lubricated (5)
3. Happening without warning (6)
4. Alterations (7)
5. Stately (5)
6. Japanese form of wrestling (4)
8. Leg joint (5)
12. Enlightened (8)
14. Violent windstorm (7)
16. An earth pigment (5)
17. Cure (6)
19. Additional (5)
20. Periodic repeated series of events (5)
21. Elaborate song for solo voice (4)



On a frozen dinner

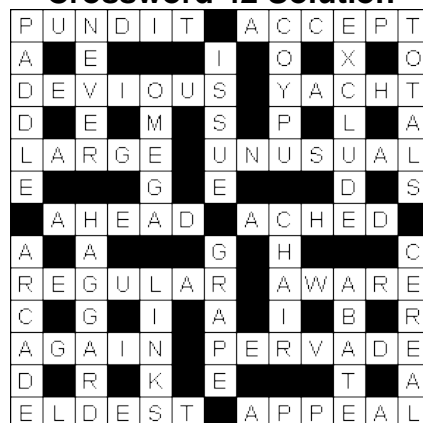


Warning on toilet cleaner

Quiz Answers

- 1- Echidna and Platypus
- 2- Canada
- 3- Sugar
- 4- Keratin
- 5- Pennsylvania

Crossword 42 Solution



ADVERTISEMENT PRICES

Closing time Friday 3.30pm.

FULL PAGE	\$25.00
½ PAGE	\$12.50
¼ PAGE	\$ 7.50
2 or 3 lines	Free

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\$150/year

**More Info:
Phone Jill on 0448 709 800**

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Call Andrew Boylan
Office 8842 2001
422 Main North Road, Clare
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VR2248663



Monday 9:30am – 1:00pm

Tuesday 9:30am – 4:30pm

Wednesday 9:30 – 1:00pm

Thursday Closed

Friday 9:30am – 4:30pm

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