



SEPTEMBER 2020

# Yankalilla

REGIONAL NEWS

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## Local business woman named as a finalist for National Awards

Cathy Domoney of Miracle-Ready Mindset books and coaching has been named as a finalist for the 2020 AusMumpreneur Awards in three



amazing categories. The 'People's Choice Making a Difference (Business)', 'Rising Star' and 'Women will change the world' categories.

The AusMumpreneur Awards presented by The Women's Business School celebrate and recognize Australian Mums in business achieving outstanding success in areas such as business excellence, product development, customer service and digital innovation. The awards are designed to recognize the growing number of women who successfully balance motherhood and business in a way that suits their life and family.

Cathy Domoney is a mother to five incredible humans, three of whom have the amazing gift of autism. She began her business at age 40 after nearly dying giving birth to her last child. Through her carefully crafted picture books in 'The Positive Mindset For Kids,' series she helps children to regain control over negative self-talk and begin to program their mind for inner confidence and success. Exclusive to these inspirational publications are user friendly resource sections which can be used to further explore the books, their messages and the important issues discussed within them. Cathy also mentors

female leaders in Australia and internationally on Mindset and Law of Attraction through her online programs and communities. Cathy's mission is to expand minds, connect hearts and start meaningful conversations.



Cathy is delighted to be named as a finalist and is proud of her achievements, particularly recently releasing a children's book series dedicated to an orphanage in Uganda with 100% of book sales going directly to the orphans, as well as taking her programs online to serve more clients has been a game-changer and supports and empowers so many.

There are many benefits to balancing business and motherhood as Cathy explains, "I am proud that I have built my business around

being a full-time Mum and that I am here for my children 100%, whilst actively chasing my dreams and doing my part in shifting world consciousness.

Being a mumpreneur is important to me because I get to live my best life empowering women and children, which gives me so much pleasure. I also get to choose my work/home balance. I love being a mumpreneur, defining success on my terms."

It can be challenging to be a successful businesswoman whilst raising a large family and Cathy gives this advice for others thinking about starting their own enterprise. "Just start! I was waiting for a huge chunk of time and energy to fall into my lap! Being outnumbered by kids in the house, and my husband away 3 out of 4 weeks in the mines, juggling 3 auto-immune diseases, this was never going to happen! My business started with minutes per day, these added up to hours, which then added up to days, to weeks, to years and then dreams coming true! If I can do it, you can too!"

Read more at [www.ausmumpreneur.com](http://www.ausmumpreneur.com). The winners of the 2020 AusMumpreneur Awards will be announced at an online event in September.

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Cover photo:

**Spring is in the air and this male Collared Sparrowhawk is collecting nesting material.**

Photo by Gillian Rayment.

Gillian & Colin Rayment,  
 ph (08) 8383 6734; mob 0438 662 114  
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Brendan: 0466 620 001

# YANKALILLA TAKE AWAY



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*Thank you again for your support when reopening, it was very comforting.*

*Stay safe and well... Mal and staff.*

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This makes The Yankalilla Regional News the most effective way to advertise services and products throughout the Fleurieu Coast.

The Yankalilla Regional News is an independent publication produced and distributed by Paul Jelfs

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1/4P 9.5x13.4 or 19.4x6.5 or 6.3x20.3	\$183	\$320
1/3P 19.4x8.8 or 12.85x13.4 or 6.3x27.3	\$244	\$416
3/8P 9.5x20.4	\$266	\$474
4/9P 12.85x18	\$307	\$555
1/2P 19.4x13.4 or 9.5x27.3	\$364	\$620
9/16P 14.5x20.4	\$398	\$694
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3/4P 19.4x20.4	\$530	\$929
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The official due date for each Newsletter is the 15th of the month. The Christmas and New Year issues each cover 1.5 months.



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## Editor's Comments

Hello Readers,  
With this issue the YRN has hit the official 50 year mark since the first edition in September 1970. What a year to mark the occasion with a worldwide pandemic! I certainly didn't plan it that way. Or maybe that's a conspiracy theory for another day.

So far, so good, SA has managed to avoid a second wave of Covid-19 with all recent cases diagnosed while already in quarantine from their arrival in the state. That hasn't stopped a slight tightening of restrictions just in case something gets over the border.

While it is good to be back playing music at live venues again, it is a very surreal experience when your audience are not permitted to dance and a Covid Marshall watches on to make sure they don't break the rules. Is it the new normal? It is the new temporary normal at least.

School holidays start in the last week of September flowing into October and as most of us remain locked in our state, it is likely to be very busy in our region. When you can't escape the state one of the top destinations is of course the Fleurieu. There are always some positive aspects of the pandemic to focus on.

The Festival Fleurieu 2021 is well in to the planning stages and the organisers are asking for your events to be registered. Festival volunteers are also being sought. See page 10 for these details and further updates.

Spring has arrived and the birds are busy, hence the Collared Sparrowhawk photo on the cover courtesy of Gillian Rayment.

Did I mention last month that letters should be kept to around 50 to 100 words? Well, that didn't work as well as I'd hoped. However, the very long letter came with a monetary donation to the cost of the space so how could I refuse? It was also a good read in my opinion but you be your own judge on that. Tarpan's letter that I couldn't fit last month is also in. Letters start on page 13 - put the kettle on!

Art exhibitions are on the rise again heading into better weather. We are definitely an 'arty' bunch down here on the Fleurieu. Get out and see what the local artists have been creating during the Covid winter. You may find something special you just can't live without.

Until next issue...

Cheers,  
Paul Jelfs - Editor

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## Supporting the Community in unexpected ways...

Our Fleurieu Community and Business Manager, Sam Bitter, took her parents, Anita and Max Bitter, along with their circa 1950s vintage rocking horse for a trip to the Yankalilla Men's Shed. This much loved toy has seen better days, but is still a beautiful display of craftsmanship, and a valued link to the past, and so Sam, Anita and Max have decided to donate it to the Yankalilla Men's Shed, to be restored to its former glory, and auctioned to raise funds for the Men's Shed.

The Bendigo Bank Fleurieu branches are always looking for new ways to give back to the community, and you may not know that our branch staff are also very community focussed, with many of them volunteering across the Fleurieu.

Max and Anita Bitter



George and Chris from the Yankalilla Men's Shed

To find out more about how banking with us can help us do more in your local community, please call at any of our Fleurieu Branches.

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- Goolwa 08 8555 2288
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**Bendigo Bank** | Supporting the Fleurieu Community  
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## Winenutt Wine Of The Month

John Mazzocato The Winenutt has selected the Senza Fine Black Label Tempranillo as wine of the Month. It is a 2014 vintage from Clare Valley. Senza Fine translates to 'endless' and we have an endless love for this wine which inspired its name. This sensational Tempranillo is a very elegant wine with a sensational purple red colour. It expresses brilliantly in the glass with aromas of charry oak and liquorice. A rich and flavour filled wine with great balance. Whilst complex in flavour it will cellar for 5 – 8 years. It's fruity, it's smooth, it's oh so delicious.

With a balanced fruit and smooth rich taste, it pairs perfectly with Foodnutt's Massaman Curry. Jackie Mazzocato brings the food experience to the Winenutt site and has prepared this great Massaman Curry to stave off the winter blues. Follow along with Foodnutt and grab the recipe at <https://winenutt.com.au/foodnutt-massaman-curry/>

See Winenutt's advert on the back cover of this issue.

**MORE PROPERTIES URGENTLY NEEDED**

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67 Main South Rd, Normanville

raywhitenormanville.com.au  
RLA199522

# Club Fleurieu

Club Fleurieu is now much easier to find after dark! If you're driving past the Club at night, you will see a fabulous new light above our blue sign. A few months ago, we received a grant from Yankalilla Council to improve our lighting and now the upgrade is almost complete. Many thanks to the Council for the grant and also a big thank you to Alan, Bob, Colin and Sandy for installing the light.



## Upcoming Events

Our annual **Quiz Night** is planned for **Friday 23 October**. It's always a hugely popular event and this year proceeds will benefit the Yankalilla CFS. More details will follow in the October issue of YRN.

Another highly anticipated annual event is our **Melbourne Cup Lunch**. At this stage none of us can predict the situation in three months time, but if possible we will continue the tradition and hold our Cup Lunch on **Tuesday 3 November**.

140 Main South Road, Yankalilla  
Phone 08 8558 2053 Mobile  
0477 111 315

Email [yankover50s@gmail.com](mailto:yankover50s@gmail.com)  
Website [www.clubfleurieu.com](http://www.clubfleurieu.com)

## Diary Dates for September

- Saturday 5 September 2.00pm**  
Club AGM followed by afternoon tee
- Thursday 10 September 12.30pm**  
Club Barbecue
- Friday 11 September 6.30pm**  
Fish & White Wine Dinner  
(see separate item)
- Wednesday 16 September 12noon**  
Club Lunch with a Father's Day theme
- Friday 25 September 5.30pm**  
Happy Hour followed by meal

For details of meal prices and menus, call in and check the noticeboard in the Club foyer, which is accessible at all times through the screen doors. In the foyer you will find booking lists for functions, as well as our current newsletters. If you would like more information, check out our website at [www.clubfleurieu.com](http://www.clubfleurieu.com).

## Line Dancing Classes

Would you like to try Beginner's Line Dancing? We line dance to Rock and Roll, Pop, Waltz, Cha Cha, Rumba and Country & Western. Classes are held at the Club on Tuesdays from 2.00-3.00pm. It's great exercise and lots of fun!

Phone Annie (0408 367801), Louise (0413 711593) or Janet (0409 671759) to make enquiries.

## Club Annual General Meeting

The Club AGM will be held on **Saturday 5 September at 2.00pm**. The meeting will be followed by afternoon tea and the bar will be open for purchase of drinks.

Everyone is welcome to attend the AGM, however, please note that only Life Members and 2020/21 financial members will be eligible to vote.



## Steak & Red Wine Dinner

What a fabulous evening we had on Friday 14 August for our Steak & Red Wine Dinner! A happy group enjoyed "melt in the mouth" scotch fillet steaks, with potato and char-grilled vegetables. Guests were invited to taste a selection of fine red wines, before choosing a wine to accompany their meal. Individual cheese and fruit plates were on offer afterwards, to complete a delicious dining experience.

Many thanks to Alan for his expertise on the barbecue, Bjorn for sourcing the wonderful wines, and our hard-working kitchen volunteers. We are all looking forward to our next mid-month happening, a Fish & White Wine Dinner on Friday 11 September. See the item below for all the details!



## Fish & White Wine Dinner

**Friday 11 September at 6.30pm**

*Our special mid-month event in September will be a Fish and White Wine Dinner.*

*For just \$30 enjoy Atlantic Salmon, prawns, a jacket potato & salad, plus a glass of white wine of your choice.*



*To finish your meal, individual cheese plates will be available for \$5.*

**Bookings are essential.**

**Places are limited. Book early to avoid disappointment!**



## Rebekha Sharkie MP

Federal Member for Mayo

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## Yankalilla Acoustic Music 2020

Part of the Yankalilla District  
Community Cultural Arts  
Network Inc.

### WHAT

All kinds of acoustic\* music; folk, blues, roots, country, etc

### WHO

Local and imported musicians. All welcome.

### WHEN

7.00pm 'til late. The 3rd Saturday of the month, March to Nov every year

But March-May this year were cancelled due to COVID-19 restrictions

We kicked off again in June and by the time of publication July and August sessions will have been held. Numbers are building up with each session and we are getting pretty slick with the COVID-safe requirements

In 2020 this means the sessions that are still available this year are:

19 Sept, 17 Oct, and 21 Nov

### WHERE

Yankalilla Show Grounds. Between Yankalilla and Normanville on Main South Rd.

Performances on the Supper Room stage. Jamming around the campfire.

### HOW MUCH

Gold coin donation per person. B.Y.O. Food & Drink.

Includes free camping - Contact Ian Main to confirm number of people camping

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## Six months on and bushfire recovery effort continues

It's now been six months since South Australia was declared bushfire-safe by the Country Fire Service (CFS) following the summer's devastating bushfires and work continues to rebuild communities and wildlife affected by the fires.

Director Conservation and Wildlife with the Department for Environment and Water Lisien Loan said the fires burnt nearly 300,000 hectares of land across South Australia affecting thousands of native plants and animals with Kangaroo Island and the Adelaide Hills the worst hit areas of the state, with nearly half the island (around 200,000 hectares) and 23,000 hectares of the hills burnt.

"On 6 February 2020, the state was declared bushfire-safe by the CFS and six months on we've got a lot to be proud of with our bushfire response efforts," Lisien said.

"The bushfires saw a large amount of the natural environment in South Australia destroyed resulting in significant wildlife losses and heart-breaking images of injured animals.

"The wildlife and habitat recovery after the devastating bushfires and has been a collaborative endeavour with all levels of government as well as local experts and nongovernment organisations delivering help in a coordinated way.

"The recovery of the environment both on Kangaroo Island and the Adelaide Hills was never going to happen overnight and will take both time and plenty of hard work but thankfully we are seeing some good results for our efforts."

National Parks and Wildlife Service South Australia (NPWSSA) and the Kangaroo Island as well as Hills and Fleurieu landscapes boards have taken a number of actions to support native wildlife recovery in partnership with wildlife groups, conservation organisations and communities. They include:

- On-ground assessments and population counts
- Digital citizen scientist program
- Giving nature time and space
- Feral animal control
- Translocation of koalas to Cleland Wildlife Park

- Plantings in bushfire zones
- Establishing a Wildlife Recovery Fund
- Creating a Wildlife and Habitat Bushfire Recovery Taskforce
- Developing a Wildlife and Habitat Bushfire Recovery Plan.

A number of key native animals have shown positive signs of recovery in the six months, including the endangered Kangaroo Island Dunnart, which despite nearly 90 percent of the island habitat burnt, have had numerous recorded sightings.

Sightings of tiny dunnarts using motion-sensing cameras are particularly heartening after fears habitat destruction would decimate the threatened nocturnal marsupials already only numbering between 300 and 500.

The endangered glossy-black cockatoos have also been spotted nesting in burnt out bushland on Kangaroo Island. Other species sighted returning to bushfire-affected areas include the Southern brown bandicoot, Green carpenter bee, Western whipbird and Southern emu-wren. Koala and kangaroo populations in the bushfire areas are also expected to recover as their habitat recovers.

Lisien said the Wildlife Recovery Fund will be used to support re-establishing habitat for wildlife in the state's bushfire-ravaged regions. To date, the fund has raised more than \$450,000, and will provide landholders and community groups with grants to deliver on-ground recovery action such as native plant regeneration, and feral animal and weed control.

"Most recovery actions, including wildlife monitoring and feral animal and weed control will continue until the bushland regenerates and can provide natural shelter and food for native animals," she said.

"Focused effort has and will continue to support the recovery of many key native vertebrate and invertebrate animal, and plant species in South Australia.

"NPWSSA with our partners, including the local landscape boards, will continue to support the long-term recovery of South Australia's environment."

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# FESTIVAL REGISTRATIONS OPEN



## EVENT REGISTRATIONS FOR FESTIVAL FLEURIEU 2021 ARE NOW OPEN!

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ILLUSTRATION BY PIP KRUGER

## Spring into action! Community Call Out!

Community information sessions about *Festival Fleurieu 2021* have taken place around our district: in Myponga, Normanville, Second Valley and Cape Jervis. From these sessions, and other feedback from residents who could not attend, the festival organisers know that people are very keen to see the Festival proceed and to get involved. There were plenty of ideas at the first meeting in Normanville. Festival Producer, Jude Adams, talked about the importance of this being a Festival driven by and for the local community as well as bringing tourists to the region. Jude also talked about the program which is starting to take shape "there will be a number of events that are a regular part of the festival as well as some new ideas".

As the days grow longer and warmer we can actually imagine a time when we can move around our District and enjoy all *Festival Fleurieu 2021* can offer. In the meantime, the Festival Fleurieu Board programming group is looking to the residents, organisations and businesses to register events; open your gardens promote your landscape, put your business in the picture, get into our seascape.

Would you enjoy springing into the spirit of the festival bringing energy to producing streetscape, opening your art studio as part of the Artists trail, supporting public events in bump-in and bump-out teams? The rewards are many!

There are two flyers in this edition of the YRN (left); one for information about registering an event during the Festival and one for information on becoming a volunteer. There are contact details on each of the flyers. We would love to have you involved to bring your dreams to life!

**Contact:** Jude Adams, Festival Producer 0422 935 309



Jude Adams, Festival Producer (L) and Desmond Ford, Chairperson (R) speak to attendees at the Normanville Information Session

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## Croquet

*"Spring is the time of plans and projects" (Tolstoy)*

Spring is here and the temptation to spend more time outdoors is appealing.... to get that exercise we have been promising ourselves. How better to enjoy this, other than with likeminded friends, while participating in gentle exercise, incorporating co-ordination, mental strategy, and having a few laughs.

## We are talking "Croquet"

Yankalilla Memorial Park  
- in the bowls complex  
**Club Days are Tuesday, Thursday & Sunday**  
Times: 9.30-12noon  
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Contact Jane McGreevey (Captain)  
0400 274 832 or Ron McBride (Coach) 0427 259 751  
(All Covid 19 regulations strictly adhered to)

**Special Fundraising Event**  
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In the Supper Room at Yankalilla Showgrounds  
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Plants ~ Bric- A- Brac Sausage Sizzle  
Come and Try Croquet



## Gallery 88

In September Gallery 88 will showcase a wide variety of artworks and artifacts of one of our founding members, Patricia Chibnall.

Born in England, Pat emigrated to South Australia in 1974. Pat always had a love for painting and joined the Yankalilla Artgroup in 2004. Since that time she has painted in oils, watercolours, pastels, acrylics, and inks on silk.

She specializes in pet portraits, children on beaches, boats and seascapes.

Pat is also a textile artist who creates uno felted silk and merino scarves, "one off" tea cosies and other novelty items.

Pat regularly shows her work at exhibitions in the Fleurieu area and has won 1st, 2nd and 3rd prizes at the Yankalilla Show.

To view the diversity of art and craftworks of this prolific artist,

come in and visit the gallery at 88 Main Street in Yankalilla.

We are open Wednesday to Sunday and all school and public holidays, from 11am to 4pm.

For more information:

Marilyn Jelfs

8558 2456 / 0416 150 413

Betty Wolf

8598 4141 / 0428 778 123.



## Community Grants Now Open

Council supports projects that strengthen our community, enhance community wellbeing and increase participation in social and leisure activities. An amount of \$25,000 has been allocated to the Community Grants program with the maximum available for any given project limited to \$2,500.

The program encourages projects that respond to local needs and issues. This year the program also seeks to support projects that help the community to continue to adapt, build resilience and engage through the COVID-19 pandemic.

**19 August 2020 - Community Grants OPEN**

**28 September 2020 - Community Grants CLOSE**

## COVID-19 Business Assistance Coming Soon

Council welcome project ideas from local businesses to assist with dealing with the impacts of COVID-19.

Local businesses will also be encouraged to apply for a Discretionary Rebate where they can show they have been impacted by the COVID-19 pandemic, applications will be assessed on a case by case basis.

More information will be available soon at [www.yankalilla.sa.gov.au](http://www.yankalilla.sa.gov.au)



District Council of  
**YANKALILLA**

# Congratulations Yankalilla Regional News

# 50 years

## of service to the community



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## Get The Juice From Bruce!

Soft plastics have become a hugely popular innovation in the fishing industry, but in South Oz we are only just starting to catch the craze. They are versatile, affordable, durable and easy to use, not as messy and don't leave you with the unpleasant lingering odour of the cockles you forgot to put back in the freezer. They can be popped into your tackle bag or even your pocket and provide a convenient solution when travelling. Give them a go – it's a very addictive and rewarding way to fish!

### Reports

Salmon are still around and some nice sized Salmon Trout from Carrickalinga beach have been within casting range. Tommies are getting bigger and still in good numbers from Cape Jervis jetty, Wirrina and Rapid Bay, mostly in the afternoons and evenings. Large squid have been caught from Cape Jervis and Rapid Bay. Boat fishos have been taking advantage of some mild winter conditions and found snook at the local grounds but whiting have been patchy.

September should see an increase in water temperature, and we will start seeing garfish and flathead being caught. Don't forget months with an "R" mean yabbies and crabs will be around too.



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## Normanville Tennis Club

Normanville Tennis Club are seeking expressions of interest for coaches for the upcoming 2020/2021 season. The positions include both volunteer and paid positions for experienced coaches within our junior teams. Our club is continually growing and we are looking to have more coaches per players. Currently we have one volunteer coach who looks after around fifty junior players. Ultimately more coaches per players will give our juniors more opportunities to advance their tennis skills and game play.



Last year we had 7 out of 8 teams make the finals and we were in 4 out of 5 grand finals. We endeavour to help these kids be the best they can.

The successful applicant will join our club and be guided by our current coach and volunteers. Will need a

current working with children check or willingness to obtain.  
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## Illegal Wildlife Destruction

On Wednesday, July 22, a friend and I walked to the park near Johnstone Road, Normanville to observe the two remaining Lap Wing young.

We were commenting on how they looked like miniature adults, and very cute. The parents were doing what parents do when protecting their young, flying overhead and calling. We made sure we were not a threat to them and stayed well back.

I returned home and then received a phone call from my friend very distressed saying that a man near Johnstone Road had walked onto the park, grabbed the young and killed them. My friend had gone over to investigate when she saw him wiping his hands on the grass. She has taken photos of the dead young.

I had to write this article as I could not believe that someone could be so cruel to dispatch these young in the way he did, and even to kill them. What sort of person is he. I know whoever is reading this article could be thinking, they were just birds, but to kill them the way he did is unacceptable. I am just further shocked that this happened in our community.

I could not sit back and let this slip by without people knowing.

I choose to remain anonymous because as I mentioned, I don't know what sort of man he is but I want him to know hopefully that he has been seen.

### Editor's note:

This illegal act has been confirmed by the Normanville Natural Resource Centre and was also reported to the RSPCA but unfortunately, further action was unable to be taken on this occasion.

## Jetty Caravan Park

In response in part to Ruth Trigg's diatribe in the August edition of YRN regarding the Jetty Caravan Park and other subjects. In Ruth's very short time as a Councillor on the Yankalilla Council she must be very much aware of the financial difficulties District Councils, particularly Yankalilla, are having at this time. Obviously they are trying to fulfil their obligations to their constituents in maintaining and improving services in their areas. However she seems intent on having the Jetty Caravan Park removed from its current location without addressing the benefits which the Park provides. I'm sure she would be aware that the Park provides the second largest monetary contribution to the Council however her suggestions fail to address how the Council will recoup the funding without very large increases to the rates and taxes of the landowners within its area. Not to mention the very large contribution to the financial benefits of the commercial shops and businesses in the area. There are many caravan parks throughout Australia which are owned and run by the local District Councils and if they were not financially viable they would have ceased trading years ago. A few deep breaths and common sense need to be applied here I think.

*Alec Hope*

## A Few Questions

Congratulations to the YRN for its consistent support for local organisations and businesses, and for its open policy of allowing citizens to express their wide range of views. For fifty years the YRN has provided the glue to



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keep this community in touch. Keep going with your good work.

Four questions for the Council and the community regarding the coming, long awaited, expensive, Normanville Foreshore 'Plan'. Is it the role of Council to manage a commercial business such as a caravan park on community-owned land? Is it time to divest this business, for a commercial operator to establish a caravan park in a near site, such as a bush-setting (and ferry occupants to and from the village and beach in an electric trolley)? Is it time to establish a world-class marine display centre, using multimedia, in the fixed building on the park site, and open the area so that all residents and visitors can enjoy it? Is an environment and tourism analysis for such a project going to be included in the Foreshore Plan for all to assess and respond to?

*Ruth Trigg*  
0437 456 489

## New online services for tech-savvy seniors

Monday, 10 August 2020

South Australian Seniors Card members can now update their details or replace a missing card online.

Office for Ageing Well's Manager of the South Australian Seniors Card program, Evlynn Hayes, said with older people becoming increasingly tech-savvy, there has been an increase in demand for more services online.

"Each year, more than 20,000 South Australians apply for a Seniors Card and over 90 per cent of those applications are performed online," Ms Hayes said.

"We know many people want quick and easy access to our services, so we have expanded our online portal to provide more assistance to our more than 390,000 members.

"This means Seniors Card members can now jump on to the website to request a replacement card, update their contact details and change their subscription preferences."

The South Australian Seniors Card program offers a range of digital options to connect members with their communities and each other. The 'Seniors Card SA' Facebook page continues to draw in followers since launching in December, while fortnightly digital lifestyle magazine 'WeekendPlus' has around 90,000 subscribers.

Ms Hayes said emails containing special offers and information from business partners are also regularly sent to Seniors Card members.

"Digital technology and social media are important tools allowing older people to remain linked into their communities," Ms Hayes said.

"We already digitally engage with our members in a variety of ways, so we are pleased to be offering these additional online tools."

Permanent South Australian residents aged 60 and over working less than 20 hours per week in paid employment are eligible to be a Seniors Card member.

Seniors Card members who do not wish to use the online services, can still contact the Seniors Card Unit at [seniorscard@sa.gov.au](mailto:seniorscard@sa.gov.au) or by calling 1800 819 961.

For more information, go to [www.sa.gov.au/seniorscard](http://www.sa.gov.au/seniorscard).

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**Skeptics, Conspiracy Theorists – or Realists?**

Firstly, I would like to congratulate those who have dared to speak out on issues of concern – and thank YRN on allowing ‘freedom of speech’. Whilst popular opinion favours vaccination theory, there is compelling and sound scientific evidence to support those who choose not to vaccinate.

The whole issue deserves equitable debate. What if skeptics had been successfully ridiculed as ‘conspiracy theorists’ with respect to:

- Thalidomide’s possible involvement in severe birth defects?
- Smoking’s possible involvement in lung cancer?
- Vioxx’s possible involvement in heart attack increases?

What if financial investment and potential commercial gain were the drivers in some instances?

For example, while doctors and scientists strongly argued both sides of the smoking debate, tobacco manufacturers knew of the

involvement of their products in lung cancer about 45 years before public acknowledgement!

Also, Merck, the manufacturer of the drug Vioxx, knew from their original clinical trials that there was an increased risk of heart attacks, among people who took Vioxx. They chose to market it anyway, without any disclosure of this risk. Many lives were lost.

A Lancet article ([https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(04\)17514-4/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(04)17514-4/fulltext)) states;

“Our findings indicate that rofecoxib (Vioxx), should have been withdrawn several years earlier. The reasons why manufacturer and drug licensing authorities did not continuously monitor and summarise the accumulating evidence need to be clarified.”

So, as a pharmacist, this leads me to highlight some known issues about... Vaccines.

A US Act in 1986 established the ‘Vaccine Court’. This gave vaccine manufacturers legal indemnity from litigation for any harm caused by vaccines, because – and this is

quoted in the Act – “Vaccines are ‘generally unsafe’.”

In 2011, a US Supreme Court decision made it clear that the government’s position was that “vaccines are ‘unavoidably unsafe’”. To date, since 1988, the US ‘Vaccine Court’ has paid out \$4.4 billion for vaccine-related injuries.

Oh! Remember Merck, the manufacturer of deadly Vioxx? Merck also manufactures vaccines! Who says vaccines are safe?

• The US Health Departments, expert doctors (like Dr Offit, Dr Hotez), Universities involved in vaccine research and vaccine manufacturers, to name a few.

Who owns vaccine patents?

• As above  
Is this not conflict of interest? Is it possible the fox might be guarding the hen house?

Where are the well-designed double-blind placebo-controlled trials proving vaccine safety?

Where are the studies proving the safety of adjuvants, aluminium-based and others, (the neurotoxins added to vaccines to overexcite the immune response to produce efficacy)?

Where are the studies to prove all ingredients are safe for injection?

We all want to believe that vaccines will lead to better health for all; however, what if they are linked to autism, allergies and chronic autoimmune diseases in a particular cohort of children? These families – and those of future generations – deserve to see studies comparing vaccinated versus totally unvaccinated children? Where are these studies? We need these to determine best-practice vaccination that’s safe for all!

Vaccine ingredients have included, among others, brain toxins, antibiotics, human and animal foetal tissue, formaldehyde and peanut oil. These are injected into a tiny baby with an immature immune system.

Doesn’t a compassionate society want to support an open and honest framework in order to find true

answers? Would they really rather believe the recommendations of those who just might be biased?

Many expert scientists, doctors and researchers are convinced of links between childhood vaccinations and autism, allergies and autoimmune diseases. However, the current climate is one of complete dismissiveness, using labels such as ‘anti-vaxxer’ or ‘conspiracy theorists’ to discredit even those with sound scientific background to support their stance. This, coupled with media manipulation, makes exploration and exposure of the truth a tough battle.

Most of the people accused of being anti-vaxxers, are ex-vaxxers. How dare society label and belittle them for attempting to protect their children – and those of the future – from what they are sure is the cause of their child’s massive health complications!

I implore the public to do their own balanced research. A short book ‘Fooling Ourselves’ by Australian author Greg Beattie, gives an accurate account of historical factors. Also, Robert F Kennedy’s website

[www.childrenshealthdefense.org](http://www.childrenshealthdefense.org) is a great resource. Kennedy is an environmental lawyer and would be committed to fact, given his understanding of the consequences of litigation for misleading or incorrect information.

Freedom of speech has been an important reason to live in Australia and the numerous lives lost fighting for it has provided abundant opportunity for many. Let’s keep our values alive.

Helen Shanahan (B Pharm)

**Tarpan**

Further to the letter in the July issue of the Yank News from Tarpan, according to the Chambers Dictionary a Tarpan was a small wild horse, now extinct, from the Steppes of South European Russia (interesting?)

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# Conspiracy Theories

“Be careful what you research on the internet.”

This was the message of the editor as an appendage to my letter in the July YRN.

Yes, indeed, be careful! And so I would like to amend my comment on the advertising revenue for mainstream media in the US. It has been truncated by somebody and should read that a certain head of news department said that he would not be able to interview Robert Kennedy Jr. because “the news division gets up to 70% of advertising revenues during non-election years from the pharmaceutical companies.” Perhaps more pertinent to my argument is the statistic that giant pharma spent over 200 million on lobbying the US government in 2018.

As regards medical conspiracy theories, maybe we should take into account this statement by Marcia Angell of the respected publication, *The New England Journal of Medicine*: “It is simply no longer possible to believe much of the clinical research that is published, or to rely on the judgment of trusted physicians or authoritative medical guidelines. I take no pleasure in this conclusion, which I reached slowly and reluctantly over my two decades as editor of *The New England Journal of Medicine*.”

Dr. Norman Swan, of the ABC's *Science Report*, would no doubt concur after his recent exposé of a study published in *The Lancet* (since retracted) which dismissed the efficacy of hydroxychloroquine in treating the early stages of Covid-19. “This is bullshit!” was his on-air comment.

And this is after *The Lancet's* editor Richard Horton had said years before: “The mistake, of course, is to have thought that peer review was any more than a crude means

of discovering the acceptability—not the validity—of a new finding... We portray peer review to the public as a quasi-sacred process that helps to make science our most objective truth teller. But we know that the system of peer review is biased, unjust, unaccountable, incomplete, easily fixed, often insulting, usually ignorant, occasionally foolish, and frequently wrong.”

In regard to 'conspiracy theories' please take into consideration the following:

Since the 1940s the CIA has manipulated mainstream media. Search *Operation Mockingbird* as well as the recently-released documentary *Out of Shadows*, freely available on the net. Pretty much every movie of import has been massaged and the message controlled by the CIA. This is called brainwashing! And the CIA have perfected the art of psychological control. Check out Project *MKUltra*, another mind control black operations project. This is scary!

An interesting side note here: The term “conspiracy theorist” was first used by the CIA to label anyone disputing the official story of President Kennedy's death. Although we still don't know the whole truth about that event, even the American Congress acknowledges it was a conspiracy. And there have been many conspiracy theories since. The following are a few amongst many.

- The second Gulf of Tonkin incident (4 Aug 1964) – the documented truth is that it actually never happened. And it was used to declare the Vietnam war! And what about the concurrent secret wars in Laos and Cambodia? These were obscene by anybody's standards. I recommend Roger Warner's award-winning book *Shooting at the Moon* on this subject.
- USS Liberty (1967): Sunk by

Israeli unmarked planes, and blamed on Egypt at the time. In a signed affidavit released at a Capitol Hill news conference, retired Capt. Ward Boston said Johnson and McNamara told those heading the Navy's inquiry to “conclude that the attack was a case of 'mistaken identity' despite overwhelming evidence to the contrary.” American fighter planes were recalled.

- The assassination of Martin Luther King: Search on *A Brief Summary of William Pepper's "An Act of State: The Execution of Martin Luther King."* Martin Luther King was murdered because, as the internal memo says, “Initial analysis showed blacks just wanted to use public restrooms and participate in pointless ‘voting’ rituals, but that n\*\*\*er King has crossed the Rubicon and wants actual change. He wants to organise labor. Take him out at any cost.” This secret CIA memo was dated just a few days before King was assassinated.



- 1991 Iraq war. The Nayirah testimony was a false testimony given before the Congressional Human Rights Caucus on October 10, 1990 by a 15-year-old girl who provided only her first name, Nayirah. The testimony was widely publicised, and was cited numerous times by United States senators and President George H.W. Bush in their rationale to back Kuwait in the Gulf War. In 1992, it was revealed that Nayirah's last name was al-Sabah and that she was the daughter of Saud Al-Sabah, the Kuwaiti

ambassador to the United States. Following this, al-Sabah's testimony has come to be regarded as a classic example of modern atrocity propaganda.

This was the justification for starting the war in Iraq which, along with the war in Afghanistan, was fuelled by revenge as well as a need to secure a continued supply of oil (Iraq) and heroin (Afghanistan). The CIA needed to continue what it had learned to do with drugs in the Vietnam war because it funded their “black ops”. One wonders how much of the world's drug supply is controlled by the CIA (Cocaine Import Agency or Criminals in Action).

We are sound asleep if we think that we are not subject to propaganda. It may not be as obvious here as in China - we still have freedom of the internet (just) – but how long will this last?

Which brings us to 9th Sept 2001 – a whole rabbit warren of its own. Not for one minute can I accept the document from the 9/11 Commission. There are far too many inconsistencies, false facts and outright lies (omissions and distortions).

Which leads me to ask if anyone has seen anywhere in the main street media that a Professor Hulsey of the University of Alaska has recently released an open source 4-year report stating that it was impossible for the WTC 7 building to have come down because of internal office fires. WTC 7 does not even rate a mention in the 9/11 Commission report. To me, 9/11 is a blatant example of people manipulation and control on a grand scale.

Enough for today. Plenty of research there for you. Please engage all of your powers of rational thought, and don't forget the lost art of using your common sense. Thank You for reading.

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## Tarpan the Terror!

It seems that Tarpan, my beloved partner for the last fourteen years, has ruffled a few feathers in the district. I don't usually cast myself in the role of his apologist - he is quite capable of taking care of himself - but the possibility of his letters no longer being accepted by the Editor of the YRN has prompted me to join the conversation.

I can understand how some readers are having trouble with his name. It was a problem shared by the drug squad detective and his testosterone-laden heavies who appeared on our front doorstep years ago. Alerted by a neighbour (long since departed) who was concerned about the constant stream of visitors to our place, they needed to investigate whether we were drug dealers. Tarpan himself was conveniently on a shopping trip to Normie, so I was left to deal with the situation. As the heavies jumped in and out of my veggie tanks (I was cross about this!) I chatted with the detective who asked whether anyone else lived with me.

"Tarpan. That's an unusual name," he commented, so I then explained how it was bestowed on him by his teacher during his four years at an Indian ashram in the late seventies and early eighties. (For the record, *Deva Tarpan* means *Dedicated to the Divine*.) "What's an ashram?" asked the detective, genuinely interested, so that sparked off another conversation. Soon after, while conducting a proper tour of the garden, I used the opportunity to expand on the virtues of permaculture and the healing potential of herbs. As the detective and I shook hands, his final question was, "Are there any more people like you around here?" With as much drama in my voice as I could muster, I replied, "No...but they're coming!" So as the trio departed, jumping over the piles of timber in the pathway, I wondered at the 'concerned' neighbour who hadn't noticed that friends were helping us with the construction of massive pergolas. All our comings and goings had an obvious explanation. Was it our 'difference' that was the problem?

Dear Readers, Tarpan and I would

like to give you the opportunity to get to know us a little. We may think differently than you, but is that such a bad thing? Diversity is the spice of life, it's what makes life exciting! We all inherit the belief systems of our parents, who inherit theirs from their parents, and so it goes on. These form the perceptual framework of how we view the world. As we're growing up, our personal experiences invite us to change that framework, to refine our ways of thinking about ourselves and our environment. Looking back on our personal histories, it's obvious that Tarps and I have always welcomed challenges that blow our belief systems apart. We both have adventurous spirits that love to roam the outside world, but also our inner worlds. Maybe that's what makes us a little different.

One thing which we share with many others - especially indigenous peoples - is our love of storytelling. As we travel far and wide, or as we sit on our front verandah with visitors, we're always asking, "What's your story?" The best stories often come from the most unlikely people in the most unlikely places. I particularly love listening to small children and to peasant farmers and, since the age of four, I have wanted to know the stories told by the "heathens" as they were called by my Sunday School Superintendent. As old Mr. Bosenberg exhorted us to pray for all the little children in church missions, I was muttering under my breath, "They're not heathens, they're not heathens!" This may explain why, near the end of this conversation, I've alluded to some very challenging stories which are still waiting to be heard from the lips of you Aboriginal people among us. And, in all our listening and telling, we urgently need to listen to - and act on! - the stories which are perpetually pouring forth from the heart of nature and our own hearts, even in the dead of night.

If you're game, come with us as we take a ramble through a world which has changed irrevocably in the last few months. As we meander through a covid landscape, we'll touch on a few issues, particularly in the health area, which we think are relevant. Medical research (the good, the bad and the ugly), vaccines, pandemics,

preventive medicine, politicians, the media, environmental destruction, pharmaceutical corporations and health system anomalies all get a mention. Even two nasty "C" words - Corruption and Conspiracy Theories - raise their ugly heads. It might get a little heavy at times, but there's humour in there as well. The framework for this journey is the life-changing experience which descended on Tarpan without warning two years ago. Viewed through this lens, everything is turned upside down. Are you ready? Here we go!

The *Tyranny of Difference* - mmm.....that's a good phrase! As an exercise, Tarpan and I sat down and listed the labels - ie. the descriptors of difference - that have been applied to us, both as individuals and/or as a couple over the years. The negative ones include Drug Dealer (you already know about this), Bokie, Hippy (ok, we'll live with these two if you insist), Doomsday Prepper, Cult Member, Terrorist, Anti-Vaxxer and, most recently, Conspiracy Theorist. Given time, we could probably come up with more. I earned my stripes as a terrorist near Darmstadt in 1977 when an Uzi machinegun-waving motorbike cop was convinced (only for a short time, thankfully) that I was a Bader-Meinhof operative. As far as Doomsday Preppers are concerned, I could probably teach them a thing or two about self-sufficiency and preparedness. Growing up, I was under the expert tutelage of my mother who had experienced the horrors of The Great Depression as a child. The cult member association came from my father, of all people. As a Minister of Religion, he guided me in the faith so that by the time I was twelve years old I was playing the organ for church services, teaching Sunday School and becoming the star pupil in his Confirmation classes. It was beyond his comprehension when, a few short years later, his dutiful daughter suddenly wanted to discuss aspects of eastern religious thought with him. Had she somehow come under the influence of a cult which wasn't as yet on his radar? For my part, I had been amazed to find Jesus' iconic words, "I am the Way, the Truth and the Life," quoted verbatim in a translation of the *Ten Principal Upanishads* which I'd just purchased from the Mary Martin book shop. Only trouble was that these early Upanishads predated the New Testament by hundreds of years! So in his desperation, as he flicked the cult label across to me, it was *his* world that was collapsing, not mine.

Although my comments may seem flippant they highlight, I hope, how

labelling a person is often an easy way out, a coping mechanism which enables us to deal with someone whose behavioural responses emerge from a different paradigm than our own. Tarps and I acknowledge the presence of dark forces and dangerous cults certainly exist, but to infer that someone, who expresses a few ideas that are different to one's own, is aligned with a group that one considers a cult is to stand on very shaky ground. Another thing we need to be especially aware of is the media's role in promoting labels which then induce a specific reaction, usually very negative, in us. Advertising agencies are well aware of the power of the word. *Manipulation is the name of the game!* Consider the term *Conspiracy Theory* which is being bandied around at the moment. According to Michael Butter, Professor of American Literary and Cultural History at the University of Tübingen, "From at least the 17th century to the 1950s, conspiracy theories were a widely accepted way of understanding the world and often the official versions of events. They were articulated by elites and usually targeted external enemies or subversives who were allegedly trying to undermine the state. It was only during the late 1950s and early 1960s that conspiracy theories started to become a stigmatised way of explaining big events." Nowadays, the term functions as an insult, a way of discrediting and removing the theorist from the conversation altogether. Let's remove the stigma and reclaim language! All we need to do is practise reading the long list of Wikipedia's *Conspiracy Theories* without attaching any emotion to them.

Fear of the unfamiliar, of the unknown, is the great driver of these times and many are struggling to maintain equilibrium in a corona virus-induced madness. Tarpan and I are taking this in our stride as it's a piece of cake for us, compared to March 2018 when Tarpan found himself in ICU at Flinders, fighting for his life. He had woken up one morning, unable to walk, and had to be carried to the car for the quick trip to the local medical centre where the first available doctor (thank you Dr. Raj) gave him the once-over before calling the ambulance. Over the next few days I watched as Tarpan's condition deteriorated, the paralysis travelling all the way to his intercostal muscles which made breathing impossible. By the end of that week he was on life support with a diagnosis of Guillain-Barré Syndrome. Also known as Auto-Immune Inflammatory

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Demyelinating Polyneuropathy, it can strike down anyone at any time, even children, although it is most common in older males.

As he lay helpless, unable to speak and floating in a sea of excruciating nerve pain with only his upper head functional, I asked a young doctor in the unit whether she could prescribe cannabis instead of Fentanyl for his pain. With tears in her eyes she said, "I'd love to! I'm Israeli and I know all about the medicinal use of cannabis, but I cannot." (The pioneering work over the last 40 years by Professor Raphael Mechoulam of Hebrew University, Jerusalem, has centred on his discovery of the body's own endo-cannabinoid system. Consequently, cannabis is now routinely prescribed in Israeli hospitals, clinics and nursing homes.) After 108 days in hospital, 47 of them in ICU, Tarpan was finally well enough to come home, where I stepped into the role of carer. Later, we asked a GP friend for her perspective on why the critical care doctor had been unable to prescribe cannabis. As far as we knew, the legislation was in place so what was the problem? Her reply surprised even us. "It's because of corrupt doctors!" was her only comment. There is always a story behind the story.

So where's this story heading? On one hand we have very skilled and compassionate medical staff applying the results of first-class medical research, and on the other we have corrupt doctors. Here's another aspect to consider: There is a causal relation between Tetanus/Diphtheria/Whooping Cough vaccine and Guillain-Barré. This is clearly stated on the product insert sheet which accompanies the vaccine. Could it be that the tetanus toxoids, already in Tarpan's system due to a previous vaccination, were a player in this saga? We will never know. There is no doubt that vaccines have saved lives, but they can cause serious injury, particularly when there is a 'bad batch' involved eg. the 1976 swine flu vaccine which caused 450-600 reported cases of GBS in the US alone (no consensus on exact numbers) and thousands of related injuries. In 2010 in Australia, Fluvax was triggering febrile fits in one in every 100 children before it was banned for the under-5s. One little girl suffered brain injury and organ damage, while Fluvax was strongly suspected, but never definitively proven, to be the cause of death of another. At the time, Professor of Microbiology at ANU, Dr. Peter Collignon, said that his criticism of Fluvax resulted in people 'from various sources and various levels of government' ringing him to 'make it very clear

that I would be responsible for the deaths of large numbers of people if I kept on talking to the media. There's been a lot of pressure on me. Like a lot of medical people I believe vaccines are terrific - but it has come to the situation where it's almost like motherhood, that you cannot question it, especially in the public arena, for fear you'll undermine the vaccination program." (Reported in the May 27-28 Weekend Australian magazine, 2011).

Professor Collignon's words are especially relevant at the moment. We know that the race is on to develop a corona virus vaccine, which begs questions about the thoroughness of testing procedures. And despite all the advances in medical research, there is still very little known about the long-term effects of vaccinations. What is generally acknowledged is that naturally-acquired immunity - which mothers are able to pass on to their unborn children - is superior to that acquired through vaccination. This suggests to me that cultivating a healthy immune system, which is able to mitigate the damaging effects of a virus, is an excellent strategy to adopt. Chewing a clove or two of garlic every day, even if it's organic, won't do it. This requires a long-term commitment to healthy lifestyle practices which include exercise (regular walking is great!), stress management techniques and healthy social interactions (switch off Facebook, Twitter, the nightly news broadcasts for awhile and actually talk to people). Good nutrition also plays a huge role in this. Locally-sourced organic fresh produce, home-grown where possible, is my advice plus avoidance of the chemical concoctions that pass for food in our supermarkets. My particular area of interest is in the healing power of herbs, but I don't go to the health food store and buy handfuls of supplements which may use herbs of dubious quality and, worse still, may be badly formulated. There is excellent information on growing, harvesting and formulating herbs available on the internet, but there are also websites to avoid. A great place to start is [www.pennywoodward.com.au](http://www.pennywoodward.com.au). Other sites I highly recommend are [www.learningherbs.com](http://www.learningherbs.com) (Rosalee de la Forét) and [www.evolutionaryherbalism.com](http://www.evolutionaryherbalism.com) (Sajah Popham). If you are interested in this area, ask your GP to check whether any herbs might interfere with medications you may be taking. Even after all my research and practical experience in this area (I have just completed months of study in the *Family Herbalist* course devised by local

qualified medicinal herbalist Patrizia Bronzi), I feel that I am still only at the beginning of my journey in the Plant Kingdom. There is so much to learn!

Getting back to covid-19: So when the vaccine is finally rolled out, do Tarpan and I suggest that people refuse it? Absolutely not! What we encourage is for people to do their own detailed risk analysis hand in hand with their GP who, hopefully, is able to give candid advice. There is always the possibility of collateral damage associated with a vaccine - that could also be said of life itself! - so it's up to everyone to weigh up the pros and cons for their individual situations. Self-isolating is an excellent option for some people. Unfortunately, judging by the language currently employed by the media, we are being persuaded to accept the inevitability of mandatory vaccinations. Anyone who asserts their individual freedom of choice over the 'common good' - which is an arbitrary term at the best of times - is labelled as a traitor to their fellow man.

Another thread in this complex story: Very few comments in mainstream media refer to the causal relation between environmental pollution and pandemics - and yes, there will be more of them! It doesn't matter whether corona virus came from a lab or from the wild, the important point is that it first appeared in heavily-polluted Wuhan and next in Lombardy, northern Italy, which is also an environmental disaster zone. Viruses are able to attach themselves to particulate matter in the air and then travel vast distances. We are very fortunate that we live on an island continent, which lessens our chances of virus transmission in this manner.

We ask why it is that so many of our politicians are more willing to listen to the corporations that wreak environmental havoc - the miners, the frackers, the pesticide manufacturers, the big players in Agribusiness, etc. and the complicit media that supports them - than they are to the distressed cries of Mother Earth herself? If these same politicians can't figure out how to create a vibrant economy based on sustainable, life-supporting practices, then they are not thinking hard enough! Could it be that their egos and greed are the central

players here? And do we detect that nasty "C" word - Corruption?? Equally culpable, in our estimation, are those powerful public servants and local government officials who engender a culture of lies, intimidation and obfuscation in their spheres of influence. *We should sack them* and replace them with those who are voicing ingenious, workable solutions but are forced to the fringes of the debate. Preaching which does not translate into Practice is the sign of compartmentalised minds which fail to see the connections that will inevitably spell our doom as a species...

INTERMISSION

Dear Readers, have you had enough? Put this down, get up and make a cup of coffee (or herbal tea!) and pick it up again at your leisure....

Hopefully you are now refreshed and ready for more. I'd like to pick up the idea of Tarpan's survival being dependant on the results of medical research. No doubt about it! But all is not rosy in the world of the research scientist as borne out by the experience of our very close relative who is a brilliant psychiatrist/medical researcher. For the last umpteen years she's been focussing on the mental health of young people at risk of falling over the cliff into psychosis. Is there a way of predicting who is most at risk in this scenario, so that preventive measures can be taken to avert disaster down the track? Our relative has developed a set of diagnostic tests including spatial awareness, auditory responses and nutritional markers which are able to pinpoint a psychosis problem with a degree of accuracy that is unprecedented worldwide. So what's holding things up in bringing this huge advance to the public? Lack of money to complete the final phase of research is the problem. We read in today's media of brilliant covid vaccine development by a professor at Flinders University; also, of a line of pharmaceutical treatment (Docyclycline, Ivermectin and Zinc) proven effective against covid-19 in early trials conducted by another Australian professor. So what is common to all of these

Continued on next page

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researchers? Their requests for Medical Future Funding to develop their research findings for the Australian public has so far fallen on deaf ears. What's going on with our medical bureaucracy you ask when so much exceptional research never reaches the stage where it can be implemented by clinicians? And then there is the problem of scientific misinformation. If you care to read the Wikipedia entry for Dr. Norman Swan, the presenter of ABC Radio's *The Science Report*, you will discover that "Swan was awarded the Gold Walkley in 1988 for revealing scientific fraud conducted by gynaecologist Dr. William McBride... (which) led to McBride's de-registration as a medical practitioner." More recently, we listened as Swan exposed a study published in *The Lancet* (since retracted) which dismissed the efficacy of hydroxychloroquine in treating the early stages of covid-19. "This is bullshit!" was his on-air comment. Of course, scientific misinformation is not limited to the medical arena. Do we hear the word Monsanto being mentioned?

To continue Tarpan's story. It is now just over two years since he was discharged from Flinders, but his recuperation still continues. He considers that his upper body function is now about 90%, but the lower body is lagging behind at 70%. This is par for the course with recovery from GBS. The first six months at home were interspersed with problems which required regular visits to the local medical clinic (thank you nurses) and a hospital stay in Victor Harbor. Eventually a certain equilibrium was reached, but his rate of recovery seemed to plateau and our very knowledgeable and attentive GP (thank you Dr. Worley) could offer no further assistance from mainstream medicine. Tarpan then turned to Traditional Chinese Medicine and began weekly acupuncture sessions, supported by Chinese herbal formulations, at the hands of accomplished practitioner Dr. Ka Che Herman Lum. This has been a game-changer for Tarpan who noticed immediate improvement which has continued slowly, but surely, so that his sessions with Herman are now reduced to one every three weeks. As a recipient of the federal government's *Enhanced Primary Care Initiative*, Tarpan is able to access a number of free or reduced-cost treatments by allied health professionals who include podiatrists, physiotherapists, osteopaths and psychologists. When he requested that Dr. Lum be involved in his Team Care Arrangements, he was told that this was not possible. Although Dr.

Lum is a fully qualified *National Registered Doctor of Chinese Medicine Practitioner*, with years of accredited study and clinical practice in Australia (and overseas) behind him, he is not an "eligible" health professional. In addition, private health insurers do not offer rebates on his consultation fees. Apparently he would be eligible for inclusion in the scheme if he were also a mainstream medical doctor. How is this possible? Federal politicians passed very contentious legislation, enacted in April 2019, which ejected a long list of natural therapies including naturopathy and western herbalism from the rebate scheme. According to the Department of Health website, "a review chaired by the former Commonwealth Chief Medical Officer found there is no clear evidence demonstrating the efficacy of the excluded natural therapies." We ask whether lobbying by the pharmaceutical industry was involved? We have contacted the office of Rebekha Sharkie, our Federal Member for Mayo, but have been unable to speak to her as yet. As you can imagine, there is a long line of her constituents leading to her door.

**Another INTERMISSION if you need it.**

Are you still with me, Dear Readers? I promise you that it will be worthwhile in the end....

This next round revisits Tarpan as he's lying helpless in ICCU. In order to take his mind off the intense pain, I printed large format photos of our holidays in South-East Asia and attached them to his life support paraphernalia. Central to his line of vision is an image of him in the out-patients clinic at Phonsavan hospital, north-eastern Laos, gently holding the leg stump of a man who had stepped on an unseen bomb which exploded in his path. Tarpan is using his knowledge of the neurological system to alleviate the man's phantom limb pain. A little later, he is showing the man how to do this for himself...

Next day we were standing, stunned, inside a blackened cave - Tham Piu - where a single rocket from a US fighter plane had scored a direct hit, killing an estimated 200-400 people. While the American forces waged war in Vietnam, the CIA was conducting a *Secret War* in Laos as well as Cambodia. But wait, that's just another Conspiracy Theory, isn't it? It remained just that until 1970 when the American people were finally told the truth, six years after the US began its air war over Laos. By the time the Paris Peace Accords were signed in 1973, Laos had earned the

ignominious title of the most heavily bombed place on the planet. According to our guide, of the estimated 90 million bombs dropped on Laos, one third remained unexploded. They are still continuing their *Massacre of the Innocents* to this day. As with every war, the civilian toll far exceeded the official military casualties.

(As an aside, Tarpan was a very unwilling conscript in 1972. Stationed in Townsville, he was preparing for his battalion's first tour of duty in Vietnam when Gough Whitlam ended Australia's participation in the war. Six weeks after celebrating his 21st birthday on bivouac, Tarpan was back in Adelaide for Christmas. It won't surprise any of you to know, however, that he had planned to go AWOL in preference to killing people.)

Now to continue the theme of *Massacre of the Innocents*. This term originally referred to King Herod's slaughter of all male children aged two and under in the town of Bethlehem. Herod was determined to annihilate the child Jesus. This phrase, however, aptly describes the continuing genocide of Indigenous Peoples all over the world. There are so many of their untold stories that remain hidden below the surface, even in Australia. While living at Halls Creek in the Kimberley in the early nineties I talked to elderly Simon Drill whose family member, as a young boy, was the sole survivor of a massacre at Chinaman Garden in the 1920s. So while the remains of my grandparents, all four of them, are safely interred in a Tanunda cemetery, the charred and smashed bones of Simon's ancestors lie scattered under a tree near the banks of the Panton River. I have sifted his family through my fingers, I have photographed their remains.

My experiences in Halls Creek led to my appearance on Tandanya's doorstep in 1994. Over the next eleven years, I was privy to countless harrowing stories told by the artists who exhibited there. Max Mansell, whom some of you have met, came into my life in late '95 as I recall. Two years later we were standing together in a windswept cemetery at Yalata, near Ceduna, as Jonathan Kumintjara Brown was laid to rest in a casket which had been lovingly painted by his dear friend Max. A recurring theme in Jonathan's iconic artworks, held in public as well as private collections world-wide, was the atrocity of the Maralinga nuclear tests in the 1950s which cut to the heart of his country. His paintings were showcased at Tandanya for the 1996 Adelaide Festival.

Soon after it was Max's turn to tell his stories to an international audience. Along with Arrernte artist Heather Kemarre Shearer, he joined First Nations artists George Littlechild and Faith Louis-Adams in *four circles/SOARING VISIONS* which was Tandanya's exhibition for the 1998 Adelaide Festival. Opening day was a show-stopper, with at least 500 people in the gallery at any one time. A national tour of the exhibition was followed by a tour of Canada. I well remember installing wall text which had just arrived from Canada, a few days prior to the Tandanya opening. As I read the horrific experiences of First Nations children in the Residential School system during the *Sixties Scoop*, I realised how closely they paralleled the stories of our *Stolen Generation* survivors. I accompanied Heather and Max to British Columbia for the opening at Richmond Art Gallery in November '99. During the following days the artists exchanged more stories, some of them out of my hearing. I instantly knew that they were considered too challenging for my non-indigenous ears. So nowadays when I come across an internet image which shows a small First Nations child, her face covered in smallpox pustules as the result of a clandestine vaccine-testing program conducted by Bayer, I remember what I've been told before and am appalled that this is possibly still happening.

Max and I lost touch for a few years, but when I relocated to this district I was delighted to resume our friendship. Max was an indigenous Tasmanian of the Oyster Bay and Big River peoples. As a keeper of his family's history, he carried a very heavy, dark load. As I watched his downward trajectory, fuelled by substance abuse, I wondered whether it was the weight of these stories that was his final undoing. I am privileged to have known you, Max. Rest in Peace.

As beautiful and serene as our district is, it holds its own dark stories. What happened at Wirrina, at Ingalala Falls, and in the vicinity of Wild Dog Creek Road? For those of you who are unaware, the words 'wild dog' anywhere on an Australian map is an indicator, more often than not, of a massacre site...

As I step back from the words I've just written, from the stories I've just told, I consider the paradox of our human condition. That interplay of light and shadow which we observe in the outside world is but a reflection of the light and shadow which we all hold inside our own being. Our work to bring light to the darkness around us begins with lighting a candle within. ►►



Tarpan treating amputee, a victim of unexploded ordnance from *The Secret War*.

How do we light that candle and keep it burning brightly? I'd like to show you how I do it, but it requires one last story...

### The Power of the Blessings

Once upon a time – actually, it was in November 2017 – I went to *An Evening with the Russell Sisters* at Inman Valley Country Kitchen. It was a fabulous night! Even though the sisters were in sparkling form and the dining room was rocking, the highlight of the evening for me was Victoria Meyer's rendition of *Summertime* by George Gershwin. (Victoria is

Jenny Russell's daughter). As she sang, the melody touched something inside me which continued to reverberate all night long. Early next morning I was out in my orchard, singing *Summertime* at the top of my voice to my fruit trees and an attentive magpie family.

So *Summertime* secured a permanent place in my early morning ritual, with the lyrics eventually metamorphosing into:  
*This bright morning, I'm waking up and singing  
Then I'll spread my wings and take to the sky  
'Til this day, there's nothing that*

*has harmed me  
And nothing will touch me bye and bye.*

Now every morning I stand in my garden and, with *Summertime* as the launch pad, I rocket into my affirmations and my thankyou's to Spirit before ringing the ancient temple bell from Laos that hangs from our pergola. Now, it *really* gets exciting! Tony, our neighbour, thinks that the bell signals feeding time for the magpies. Little does he know that the crystal-clear tone is launching myriads of blessings into the ether. *WHOOSH* go the blessings as they race down the gully in front of us, swirling around the kangaroos and John and Yvonne's cows before heading up to Nikki and her beautiful kids. Across to Tony and Sue's they zoom, then to Rick's next door. Over the top of Ilona, Rebecca and Peter they go, across to Les and Colleen's, then up to Ash and Jane and all the neighbours – known and unknown – who are further afield. Down Finnis Vale Drive they race, looping around the caravan park, houses and shacks and out to the dolphins.

Further they speed, out to Delamere and Cape Jervis, to Wirrina, Normie, Yank and Carrie, up the hill to Myponga and beyond. In the twinkling of an eye they blanket our glorious State, then expand to envelop our stunningly-beautiful

country, Australia. Before you know it, the whole Earth, our Mother and our Home, is in their loving embrace.

Then there's a breakaway group of blessings that heads into Space, accelerating to gain escape velocity. Like Han Solo, they engage hyperdrive and then they *really* GO! Our sun and planets are left far behind as they dance with the stars. Sirius, Arcturus, Rigel and the Pleiades become a blur, and then whole galaxies extend their arms to touch them as they scoot through. On and on and on they fly in their eternal journey, for there is no end to All That Is...

Dear Readers, fellow travellers in time and space, I invite you to join me. As you launch your own blessings, you will discover the creative genius that is your birthright!

In Lak'ech (I am your other You - You are my other Me)

*Rosie Grace  
Second Valley*

**PS.** Congratulations on YRN's 50th Anniversary! It is a very big ask of the Editor to include an article of this length, so I have made a donation to assist with printing costs. Perhaps the Editor could set a fee for those who want to conduct a conversation over issues raised in the YRN? Just a thought.

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## AGM Yankalilla Museum

**A**t the AGM of the Yankalilla District Historical Museum, held Sunday 9th August, in the Visitor Information Centre, all current committee members were re-elected.

The guest speaker Pat Uppill, née Mayfield, spoke about the early settlers of Bald Hills and surrounds and how they lived their lives. Included were the farming

practices, animal breeds that were raised, housing, churches in the area and day to day tasks that the men and women did. Also included were their leisure activities.

The presentation was accompanied by a slide show and added great interest to her speech. Quite a few of the attendees had past links to the area, so there was much interest in both the talk and the photos.



Guest speaker, Pat Uppill with Rob Ryan, President of the museum committee.

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# Yankalilla, Rapid Bay & Myponga Agricultural & Horticultural Society Inc.

## Update on Progress

As the time approaches for our Annual Show (which has been cancelled due to COVID-19 concerns), it is again becoming apparent why we needed to be so cautious. This virus has reared its ugly head in Victoria in a way unimaginable. It has shown its face in other states and our own with some increase again in restrictions at the time of writing and, indeed, has re-emerged in New Zealand where everyone thought it had been



eliminated. But amidst this, communities are continuing to function and lay the groundwork for the future. The Show Society's part in this is largely that of working on the infrastructure developments we have been able to move forward, largely thanks to a major Federal Government Grant. I would like to acknowledge those who are taking the most active role in the process and are engaged in weekly working bees (every Tuesday morning and occasional other times – contact Ian Main on [ianmainevents@gmail.com](mailto:ianmainevents@gmail.com) or 0439861001 if you want to help out and I'm sure he'll find a task for you). The core of any community are those who work so hard in the background to get things done.

I have taken the liberty of writing a short poem devoted to all of the quiet achievers out there and have included a few photos of work being undertaken at the Show Grounds.

### Quiet Heroes

There are those around  
Who in the background work  
Embarrassed by acknowledgement  
Saying what they do is not unusual.

And this is indeed true  
For these folk are rife  
Diligent in their roles  
Not expecting extra recompense.

But largely faceless they are  
Others expecting the things at  
which they toil  
For it has always been so  
Damping the water that flows.

Building, creating, repairing,  
challenging  
Focussing on outcomes  
Rarely complaining about  
difficulties  
Concentration firmly on the task.

Unsung heroes they are  
Providing events we enjoy  
Services that we require  
Their joy in the doing, regardless of cost.

**Brian Matthews**  
12/8/2020

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## STUDENT ART COMPETITION AND EXHIBITION

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SATURDAY 3 OCTOBER 2020, 2–5PM

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IN PRIZES



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# “Welcome – We Are One”

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## STUDENT ART COMPETITION AND EXHIBITION



PART OF  
REFUGEE WEEK  
2020  
\$600 IN PRIZES

# “Welcome – We Are One”

As part of Refugee Week 2020, we aim to raise awareness of the vulnerability of refugees settling in our country, which has been heightened by the impact of COVID-19. We are launching a visual art event which will culminate in an exhibition of students' art, based on the 2020 theme “Welcome – We Are One”, to be held at the Yankalilla Showgrounds Hall on Saturday 3 October 2020.



We invite your school to be part of this event, as an opportunity to raise awareness in our community about diversity and equality. Local students (age categories 5–11 and 12–18 years) are invited to submit a painting, drawing or sculpture based on our theme.

**GET IN TOUCH FOR FULL DETAILS:**  
Bill Page 0438 198 819 or [refugeefleurieu@gmail.com](mailto:refugeefleurieu@gmail.com)  
Bill Harris 88552 3004 or [deacbill@dodo.com.au](mailto:deacbill@dodo.com.au)  
or visit us on Facebook at Fleurieu Refugee Support



# Yankalilla Youth Theatre

I would like to thank the Yankalilla community for their support and encouragement of the new Yankalilla Youth Theatre, in particular the Yankalilla Show Society, who have provided us with a home base in the show hall, and to local schools and businesses.

I am excited to be starting this project, which in part, has come about due to covid-19 and the need to change and adapt. Many of you may know me from my work instructing drama at the Yankalilla Area School, where I had the pleasure of weaving the student's imaginative ideas into stories for stage. Many may also know me from

my work with Murray at the Normanville Newsagency or from selling honey at local markets.

I have been involved in youth arts for almost twenty years and know first-hand how powerful and life changing it can be. As a teenager, theatre helped me to increase my confidence, express myself in healthy ways and really find out who I was. In my early twenties, The Riverland Youth Theatre was there for me again giving me precious opportunities to perform, travel and work in a variety of arts related roles, which helped me through a difficult time in my life. Being involved in a youth theatre also gave

me purpose, direction and a sense of belonging. It is my aim that the Yankalilla Youth Theatre provide the same for our young people.

As I have also worked in community development roles, I am looking forward to involving the wider community in the youth theatre. I would love to hear from any local artist who could offer a two-hour Sunday workshop focusing on a specific arts skill. I would also love to hear from anyone with a flare for costumes and who would be willing to share their skills with interested students. Donations of material, hats, scarves, gloves, wigs, handbags and suitcases etc are always welcome! I hope in the future to develop an inter-generational project where stories can be shared between the young and the not-so young!

We begin this month with free come & try sessions for ages 9-12 and 13-18. Classes can also begin next year for under 9's and over 18's if there is enough interest. Please get in touch by calling **0480 292 920** or email [yytheatre@outlook.com](mailto:yytheatre@outlook.com).

*Evette Wolf*

**NEW ★ NEW ★ NEW**



The Yankalilla Youth Theatre kicks off in September 2020 for young people aged between 9 and 18.

But wait! Are you under 9? Over 18? Get in touch to register your interest. Tell us what you want!

## YANKALILLA YOUTH THEATRE

**Mondays & Fridays during school terms**  
Yankalilla Show Hall, 1 Jeruois Rd, Yankalilla

## ENROLMENTS & ENQUIRES

Contact: Evette Wolf 0480 2929 20

Email: [yytheatre@outlook.com](mailto:yytheatre@outlook.com)

Follow: Instagram @yankalillyouththeatre

### ★ PERFORMANCE TROUPES

Performance troupes craft their own stories for stage and perform twice a year in April and September. Join either the Monday or Friday group of your age level.

### ★ TECH CREW

Join the Tech Crew and work with a professional theatre technician to bring performances to life.

Register now for a call out before each performance: March-April and September-October.

### ★ SUNDAY SESSIONS

Extra inspirational workshops with a variety of arts professionals.

If you are an artist interested in delivering a 2-hour Sunday Session, please join the arts register.

### ★ GROUP EXPEDITIONS

We aim to provide opportunities for young people to travel to arts events outside the region.

Follow us on Instagram @yankalillyouththeatre for updates on travel opportunities and group discounts for performances and workshops.

\* The Yankalilla Youth Theatre is independent and privately operated; terms and conditions apply and can be found on our enrolment form.

\*\* Group numbers will be kept small, and where necessary performances will be adapted to adhere to COVID-19 restrictions. *The show must go on!*

\*\*\* Sincere thanks to the Yankalilla Show Society for their support of the Youth Theatre.

**★ NEW ★ NEW ★ NEW ★ NEW ★**



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#### MONDAY GROUPS

7<sup>th</sup> & 14<sup>th</sup>  
September 2020

Ages 9-12  
4.30 – 5.30 PM

Ages 13-18  
5.30 – 6.30 PM

#### FRIDAY GROUPS

11<sup>th</sup> & 18<sup>th</sup>  
September 2020

Ages 9-12  
4.30 – 5.30 PM

Ages 13-18  
5.30 – 6.30 PM

★ Performance ★ Writing ★ Music ★ Dance ★  
Costumes ★ Backstage ★ Set Design ★ Lighting



**Yankalilla Youth Theatre**  
Register online:  
[yankalillyouththeatre.eventbrite.com.au](http://yankalillyouththeatre.eventbrite.com.au)  
Enquires: Evette Wolf 0480 292 920  
Email: [YYTheatre@outlook.com](mailto:YYTheatre@outlook.com)

\*Come & Try sessions are free!  
\*Full fees apply from Term 4  
\*Bookings essential  
(Places are limited due to COVID-19 group restrictions)



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# YRN's 50th Anniversary

It was 50 years ago this month that the Yankalilla Regional News came into existence as a double-sided single foolscap folded page I - Paul here - am now 53 years old and I should point out that I was not a child prodigy starting my media empire at the age of 3. I have my father John Jelfs to thank for starting it back then.

The Yankalilla Newsletter as it was first known, was produced largely as a community announcement and advertising brochure for the John Jelfs Yankalilla Chemist.

The idea for the newsletter came about when a Methodist Minister, Morris Lynd, mentioned to John that he thought it would be a good idea if he started a local news sheet. Taking on the idea, John and Marilyn Jelfs and chemist shop staff of the day were the crew who put it all together. It was originally printed on an old hand cranked Roneo. This essentially was a drum to which a wax paper copy of the newsletter was applied and ink 'sticking' to the raised letters left a print on paper. This was a laborious task as approximately 800 copies were 'hand rolled'.

It was then folded and later as, more pages were added, hand collated and stapled to be sent 'to the householder' via the Yankalilla post office.

As community interest grew, more contributions were being made and the size of the publication increased.

Advertisers covered the costs of providing what was becoming a popular piece of monthly mail. About 1985, I had finished school and became a part of the family business and by 1988 had become Editor.

Production was very time consuming with the continuing growth in the publication and it was not long before professional printers needed to be engaged in the late 1980's.

The Yankalilla Newsletter became known as the "Yankalilla News" in April 2000 and then the "Yankalilla Regional News" in August 2002.

When the family businesses were split up and sold in 2011, the YRN became my business and I have operated it from home since then.

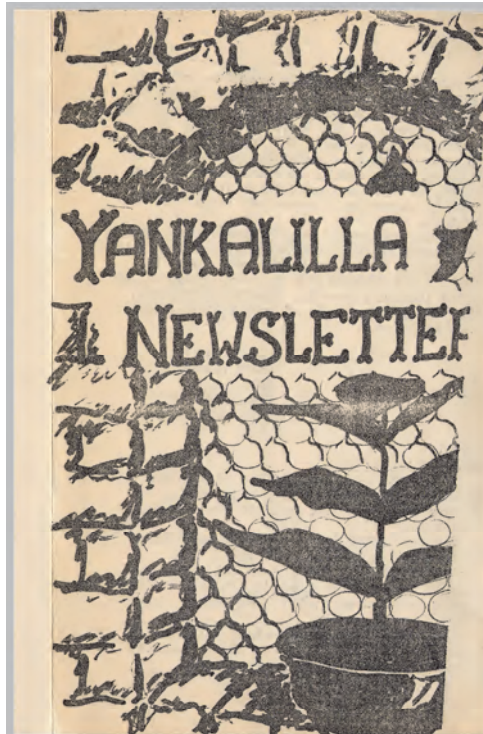
Late last year I gave the YRN a bit of a re-vaup ahead of the 50th year with a new logo, masthead and website [www.yrn.com.au](http://www.yrn.com.au). All the past issues will eventually be viewable on the website but that is currently a work-in-progress. Over the 50 years there have been many people

helping, contributing and having an influence on the publication as well as the many community members, clubs and societies who regularly use it to spread their news. Thank you to all of you as this has made the publication what it is today.

**Cheers,  
Paul Jelfs  
Editor**

## Back in time

Pictured below for a bit of nostalgia is the entire first issue. The typewriter was a bit worn, the printing wasn't straight and local phone numbers only had 3 digits. For comparison, there are the September 1990, 2000 and 2010 covers at the bottom.



**That's Right!** A monthly newsletter of whats happening in our town. I would like to invite all interested people or groups to let me know anything that is happening in the coming month, say by about the 10th of the month for inclusion in the newsletter which will be posted on about the 25th of each month. This edition is either early or late depending on which way you look at it but being the first, there are a number of things that had to be done.

I would personally like to invite all ladies' groups, church sporting and young peoples groups to participate in this free service which will be posted "TO THE HOUSEHOLDER" to every family in our district including broadly, Yankalilla, Myponga, Inman Valley, Cape Jarvis, Second Valley, Rapid Bay and Delamere.

**John Jelfs  
JELFS PHARMACY  
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YANKALILLA 5203  
Phone Yank. 109**

**YANKALILLA CAMERA CLUB.**

A preliminary meeting will be held in the Yankalilla Area School on Wednesday evening September 23rd at 8 p.m. to start a camera club in our town.

A set of KODAK International slides will be shown which are really worth while.

If YOU have any interest at all in photography or if you would just like an interesting evening's entertainment come along and see these slides.

Discussions will also be held to see if there is sufficient interest to start a club in the town with monthly meetings.

**YANKALILLA BUS SERVICE.**

The depot for the Yankalilla bus for both parcels and passengers has been changed to Calder's Store opposite the bank and is no longer in the shed opposite the new chemist shop.

**TAXATION SAVINGS.**

Do you know that we here at JELFS PHARMACY can record you tax deductible medical expenses in two ways.

1. We can keep tax card and if reminded each time you make a purchase my staff and I will ensure that the entries are made.
2. The easier way is to operate a monthly charge account and to make all of your medical purchases through this. All purchases are dissected by the cash register and the tax deductible items separated. At the end of the financial year I can provide a taxation statement to provide proof to satisfy the department for all my regular account customers at both Yankalilla and MYPONGA.

**RECORD OF THE MONTH.**

This record is really special R.C.A. "THE VOICE OF THOMAS EDMONDS"

A truly beautiful record with every track a popular ballad. Such numbers as "Lore's Theme", "Donkey's Serenade, Exodus" to mention only three of the dozen or so tracks.

Really a collectors item for the many people who followed this artist's success in "Showman" on T.V.

The agents are temporarily out of stock, because the demand has been so great but new stocks are expected within a week and orders are being taken.

For the swingers there is the T.V. special "20 EXPLOSIVE HITS" with various artists including Johnny Farnham, Glen Campbell, The Masters Apprentices and seventeen others priced at only \$3.95.

**COMING EVENTS.**

**SEPT. 23** Yankalilla Camera Club preliminary meeting.

**OCT. 6** M.R.H.A. Sister at Yankalilla.

**10** Yankalilla Bowling Club opening day.

**13** M.R.H.A. Sister at Myponga.

**20** M.R.H.A. Sister at Yankalilla.

**24** YANKALILLA annual show at show grounds. events starting 10 a.m. and officially opened at 1.00 p.m. by Senator Nancy Buttfield.

**24** Yankalilla Rural Youth Show Ball at the Agricultural Hall.

**27** M.R.H.A. sister at Myponga.

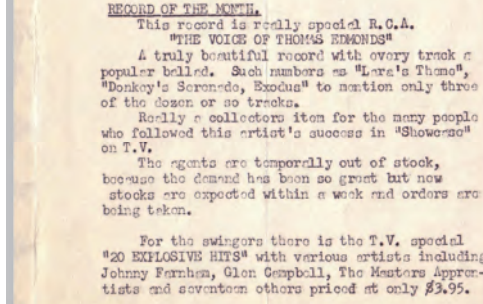
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## 5G and Vaccinations

It was nice to hear different sides on a number of topics. It appears there maybe a hidden case on medical conditions which when spoken about is condemned.

Having a family member who has suffered many issues after receiving the triple antigen vaccination many years ago.

Before, vaccinations such as polio was given in single doses which maybe didn't have the side effects. Complications such as whooping cough, shingles, allergies to milk etc. After shingles nerve endings damaged. Were our children just guinea pigs?

With the booster before school many mothers have stated that they knew something was wrong. It appears Vietnam didn't have autism until vaccinations, can we argue how many of our children have been effected along with other conditions. No doctor ever asked was there any complications after vaccinations.

It has now been suggested that cancer cells were placed in polio vaccinations, no data seems to have every been collected in 30 years.

Having family and friends effected by flu injections even children having fits. This could place many in unknown situations.

Many people would have been in the position that medication has effected them but just told to change medication. We never speak about these things but accept what is prescribed by doctor. Doctors can only prescribe what they think relates to a condition having most likely excepted big companies having done the research.

Now we are about to accept 5G, it appears by the article, that seemed well researched in your last magazine that Australia is about to turn on 5G are we about to become guinea pigs for the rest of the world, many countries pulling back. Once switch is flicked maybe we wont get the choice. Last weekend many were effected by Telstra outages, will this perhaps be the norm.

Having a family member with a pacemaker, has had effects going through scans at airport and cruise ships. Many are now microchipped with body replacements what will be the effects as it appears no testing has been conducted with 5G can our politicians give guarantees. I hope so.

Although you say councils have been quiet many of our politicians have had there face masks on as well.

The people who are hurting the most are our elderly, having been left lonely away from family while what they fought for and worked for has been taken away.

If you research 5G, the virus and our economy, we are being left behind by other countries.

Please read Australian national review on many subjects, as Elon Musk states it is too late.

It appears Dan Andrews sold out to China, maybe that is why he keeps Australia on our knees when China will own us all.

While we have been in lockdown many countries are continuing to organise behind our back in our skies and in our seas maybe we wont even see what is coming.

I am not arguing for either side but I think the community would like to have freedom of speech and truth from our leaders who seem to be leaving us on the edge which we may never recover.

Are we going to wait for a vaccine which may have side effects but will we be able to access the data which may not show up for a long period.

How much can ones body take. It appears many do not have an immune system.

As all nursing homes have had the flu injection that didn't stop the virus would ones body reject another vaccination or other

medication be compatible. As a vaccine is surely only tested against the virus, one size does not fit all.

Just seeing medication seizures are on the rise, can we be sure of any medications.

It would be nice if you could research to give other points of view, and maybe the community could become aware of other factors after all it is all children and grandchildren effected do we just except and not ask questions.

Regards,  
A concerned citizen  
(Details supplied)

## A poem for the times

One little virus beautiful  
has, on its own  
pathway around  
the world  
smashed capitalism.  
Who would have  
thought. And, along  
the way, exposed  
the shame of  
shut-eye neglect  
of our elders. And,  
along the way,  
how useless obscene  
wealth is. And how  
obvious the shut-eye  
exploitation of  
every living species  
is. Now. One very  
little virus. Shining  
the most luminous  
light. On failure.

Ruth Trigg

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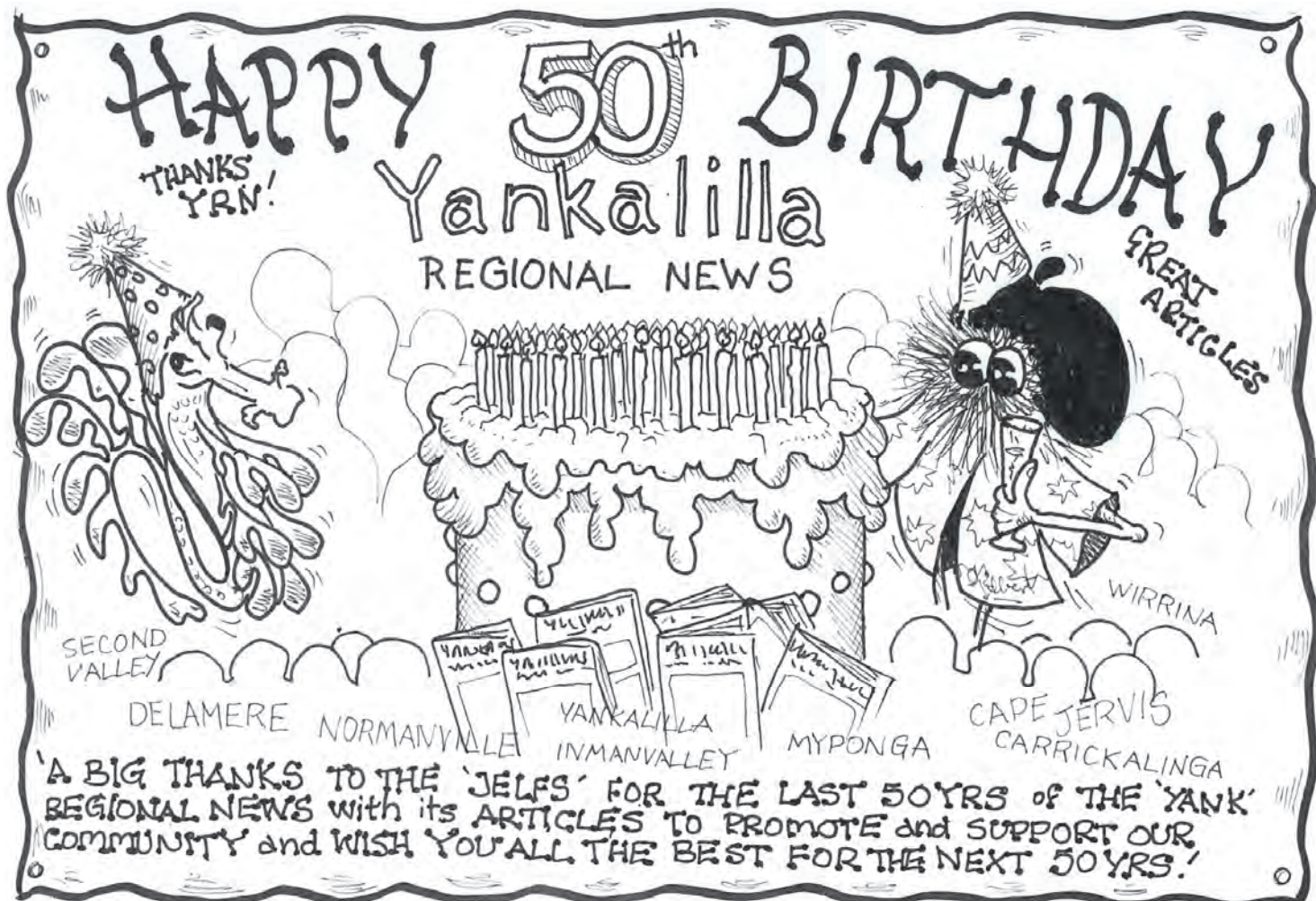
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## Religious Notices

### Anglican Church in Australia

**Christ Church Yankalilla**  
 130 Main South Road, Yankalilla.  
**St. James Church Delamere**  
 Main South Road, Delamere.

#### Worship service times:

1st Sunday, 9am at Yankalilla  
 2nd Sunday, 9am Yankalilla, 11am Delamere  
 3rd Sunday, 9am at Yankalilla  
 4th Sunday, 9am Delamere, 11am Yankalilla  
 5th Sunday Combined Service — ring contact  
 number for details.  
 For further information contact: 8598 0223.

**Yankalilla Community Church**  
 135 Main South Road, Yankalilla  
 Sundays at 5.00pm.  
 Contact 0423 588 959. **All welcome**

**Lutheran**  
**Sanders Hall, 121 Main South Road,**  
**Yankalilla (next to Uniting Church).**  
 1st & 3rd Sunday 7pm

#### Revival Fellowship

Ph **8558 3262**  
 Sundays 255 Pimpala Rd, Woodcroft at 1.30pm  
 & 4.15pm.  
 Other meeting times, contact Chas Hilder on  
 8558 3262.

**St. Peters Catholic Church**  
**Normanville**  
**Corner St. Andrews Blvd & Willis Drive**  
**Mass Times**  
 1st, 3rd & 5th Sundays @ 10.30am.  
 2nd & 4th Sundays @ 8.30am.  
 Mass at 12noon each Wednesday.  
 For all Masses Bookings are essential - please  
 phone Dolek Thiele after 2pm on 0419 844 693.

**South West Fleurieu Uniting Churches**  
**Yankalilla Uniting Church, 121 Main South**  
**Road - Sunday 9.15am**  
**Delamere Yoho Road- Sunday 9.15am (no**  
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**Range Rd, Parawa 11am 1st Sunday of month.**

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**Cape Jervis Hotel-Motel & General Store, Main Rd.**  
 Ph:85980276.

### DELAMERE

**Delamere General Store, Main South Rd.** Ph 85980200.

### GOOLWA

**Visitor Information Centre, cnr Cadell St/Hay St.** Ph  
 85553488.

### INMAN VALLEY

**Inman Valley General Store, 1714 Main Rd, 8558 8242.**  
**Inman Valley Post Office, Main Rd. IVCPA Postmistress:**  
 Ann Gater, 8558 8205.

### MOUNT COMPASS

**Mt Compass Post Office, Main Rd.** Ph: 85568200.

### MYPONGA

**Myponga Post Office, 53 Main Rd.** Ph:85586152.

### NORMANVILLE

**Beachside Caravan Park, Williss Dr.** Ph: 85582458  
**Caffe On Bungala, 48 Main Rd.** Ph: 85582537.  
**Jetty Caravan Park Normanville, Jetty Rd.** Ph 85582038.  
**Lady Bay Hotel, St Andrews Blvd, 8558 2220.**  
**Min Palace Chinese & Thai Restaurant, 6/3 Mary St,**  
 Ph 85582422.  
**Mitre 10 & Mitre 10 Gardener, Shops 1-2 Mary St,**  
 Ph 85583100.  
**Normanville Bakery, Shop 9, Shopping Centre,**  
 Ph:85582177.  
**Normanville Mall, Normanville Shopping Centre.**  
**Normanville Newsagency, Shop 2, 48 Main Rd.** Ph: 8558  
 3420  
**Normanville Post Office, Shop 1 Shopping Centre, Ph:**  
 85583049.  
**Ray White Real Estate, 67 Main South Rd, 8558 3050.**  
**South Coast Realty, 69a Main Rd. Ph: 85582900.**

### SECOND VALLEY

**Leonards Mill, Main South Rd, 8598 4184.**  
**Second Valley Caravan Park, 2 Park Ave.** Ph:85984054  
**Second Valley General Store, Finnis Vale Dr.**  
 Ph:85984064.  
**New Terry Hotel & Golf Resort, Wirrina Cove.**  
 Ph:85982400.

### SELICKS BEACH

**Sellicks Beach Post Office, Esplanade.** Ph: 85563020.

### VICTOR HARBOR

**Avondale Deli, 25 Ocean St.** Ph: 85521058.  
**Harbor View Deli, 2/36 Port Elliot Rd.** Ph: 85523334.  
**Harbour Bakery, 72 Victoria St.** Ph: 85525455.  
**Fleurieu FM (89.3 or 94.7) 18 Seaview Rd.** Ph:85525655

### YANKALILLA

**Book Exchange & 2nd Hand Goods, 92 Main St,**  
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**Caltex Normanville, 216 Main South Rd.** Ph: 83275970  
**Gallery 88, 88 Main St.**  
**Yankalilla Bakery, 102 Main St.** Ph: 85583413.  
**Yankalilla Library, The Centre, Ph:85582043.**  
**Yankalilla Family Pharmacy, 107 Main South Rd.** Ph 8558  
 3254.  
**Yankalilla Foodland IGA, 106-108 Main South Rd.** Ph  
 8558 3074.  
**Yankalilla Landscape & Gardening Centre, 184 Main Rd.**  
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**Yankalilla Post Office, 98A Main South Rd.** Ph: 85582020.  
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## Yankalilla Men's Probus

After a covid break we met again on the 4th August. It was our first attempt at setting up the RSL hall to comply with social distancing requirements. The checkboard of seating resulted in a full house with members pleased to be back together. However to reduce the potential of covid 19 transitions we had a heavily compressed meeting of only one hour. During this time we dealt with some business matters and still had a distinguished speaker but refraining from having morning tea together. Amongst the highlights was Tim demonstrating his prowess as a lyricist and as a singer with a fun song about the covid crisis. We

were also delighted to induct Matt and Trevor into our club after which the members agreed on adjustments to the subs for this year and 2021.

Our distinguished speaker was Robert Fenwick Elliott. Robert has practiced law internationally based in London. Robert's presentation was entitled " hedgehogs and foxes" during which he discussed the ability of people to make predictions. In his practice Robert found that when a client sought his advice they were really seeking an opinion on the likely outcome of pursuing their issue through the legal process. This lead Robert to asserting that what the client was also seeking was a reliable prediction of how their issue would be resolved. How to make a prediction lead Robert to discuss the involvement of experts in the legal process. While not suggesting that experts were dishonest he demonstrated how easy it is to form an opinion and stay with that opinion despite conflicting data hence he spoke of the failure of experts to provide an unbiased testimony in a court of law (whom he referred to as hedgehogs.) It was a most stimulating presentation.

Our next meeting is planned for 1st September at which Captain Rod Lovell has agreed to talk. Captain Lovell ditched a DC3 into Botany Bay saving the lives of everyone on board. Should covid constraints cause any changes to our plans we will let you know and keep a watch on the noticeboard at Normanville Foodland.

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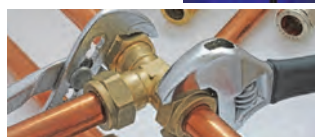
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## SEPTEMBER

Saturday 5th	Banksia Park Activity
Monday 7th	Community Nursery Working Bee
Thursday 10th	Social Sewing
Monday 21st	Bird Field Trip to Aldinga Washpool & Scrub
Saturday 26th	Normanville Walk
Monday 28th	Nixon Skinner Walk

### LOCAL TREE PLANTING DAY

A big thank you to all the volunteers who helped plant 550 sedges and ground covers in the dunes at Carrickalinga this year. It was a beautiful day and the planting happened very quickly, no tree guards helped!! Due to the COVID restrictions we had lunch on site instead of back at the Resource Centre. We also held another planting morning at Bungala Park and were able to plant another 300 seedlings, it is great for us to be able to get physical outdoors after having been restricted in our activities for the past few months.

The Community Nursery is now open again for volunteers to pop in on a Monday from 9.30 onwards, there is still quite a lot of work to be done, so if you have a couple of spare hours, we would love to see you. Please contact the centre on 8558 3644 or drop into the nursery, on Kemiss Hill Road on Monday 6th September.



### FESTIVAL OF NATURE

Due to COVID-19 the Festival of Nature will not go ahead in its usual format this year, however the NNRC are offering a couple of low key events to keep the festival momentum going in September.

On **Saturday 26th September** at 11.00am we would like to invite you to join us on a scenic walk around Normanville. We will start at the centre and then head up Hay Flat Road and down through the links to the beach and finishing along Jetty Road. Back at the centre we will be launching our new 'Walks of the Fleurieu Coast' brochure compiled by one of the Resource Centre volunteers.

On **Monday 28th September** at 2.00pm there will be a walk around Nixon Skinner Reserve looking for native orchids, birds and other wildflowers. Each participant will also receive a brochure about the park and its history.

These 2 events are FREE but each will have limited numbers so book early on 8558 3644 or by email - [admin@nnrc.com.au](mailto:admin@nnrc.com.au).



## Part-Time Coordinator – 10 hours per week (2 days)

The Normanville Natural Resource Centre (NNRC) is one of 4 community run Centres within the Hills and Fleurieu Landscape Region. We provide opportunities for the community to become more informed and active in living sustainably and improving the environment within the Yankalilla Council area.

The NNRC Coordinator plays a key role in running the Centre, managing volunteers, organising events & information sessions and supporting the various interest and 'friends' groups involved with the environment. Our Centre currently opens 4 days per week. (10.00am – 3.00pm Mon; Tues; Wed & Fri)

An opportunity has been created for a part time Coordinator to job-share with our current Coordinator to help continually

evolve and improve how we operate.

**If you are a person who has a passion for the environment, can work collaboratively with the Management Committee and bring great communication and organisational skills to the job, then we want to hear from you!**

Remuneration is in accordance with the Social and Community Services Award and a contract of employment will initially be offered to the successful person up until 30 June 2021 to align with current funding arrangements.

Please contact Wendy White at the NNRC on **8558 3644** or email [admin@nnrc.com.au](mailto:admin@nnrc.com.au) to obtain a Position Description and get your expression of interest in to us **by Friday 25th September**.

### Spending more time in national parks than ever before? Here's some of the equipment you should consider buying.

You don't need a mountain of gear to set out for the day, but here's what we think you should consider taking with you:

#### 1. Backpack or hydration pack

It's important to consider investing in a lightweight backpack or hydration pack once you're starting to go for longer hikes or rides. Look for something that can hold at least 2 litres of water, plus a snack or two and a jumper or jacket.

Just remember that more is less, and whatever you pack, you also have to carry the whole way. So, consider the weight of the bag and what you pack inside!

#### 2. Waterproof jacket

It's important to prepare for the elements, and the possibility of colder weather or unexpected rain, so it's advisable to pack a waterproof jacket if you're going on a walk. Choose a jacket that's waterproof rather than shower resistant - just in case you get caught in a downpour!

#### 3. Good hiking boots

If you're going for longer walks more often, investing in a pair of quality, well-fitted hiking boots can often help you to prevent injuries such as blisters or rolled ankles. The extra grip and waterproof-capabilities will also keep you on the trail and having fun, rather than sitting nursing blisters or a bruised bum from falling over on a tricky track or slippery descent.

#### 4. Gaiters

Gaiters are worn over your shoe and the lower half of your leg and can help to protect and prevent scratches or cuts as well as dirt, mud and water entering your shoes or the bottom half of your pants. They come in a range of different materials.

#### 5. First Aid Kit

We don't often consider it, but accidents can happen to the most experienced of walkers.

So, if you're heading off on a half-day or longer trek always consider packing a first aid kit.

As part of your first-aid kit you should also consider including a fully charged portable charging device, just in case you need to call for help and your phone goes flat. While you're at it, make sure your phone is fully charged before you set off.

#### 6. Sun protection

Being in South Australia, it's important to consider packing your 50+ sunscreen and a hat in your backpack year-round. No one likes coming home with a red face, so slathering up will ensure you continue to have fun even once you leave the park.

#### 7. Food/Snacks

It's important to consider what snacks and food you add to your backpack or hydration pack at the start of your trek. Consider what you're packing and if it's going to be a hot day, perhaps steer clear of foodstuffs that may need to be kept cold. Instead look for high-energy foods such as nuts, seeds, trail mix or muesli bars to keep your energy up throughout your journey.

#### 8. Maps

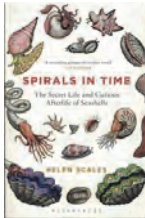
Finally, don't forget to take a map of the trail with you! Download the Avenza Maps app onto your smartphone and download the georeferenced parks maps, which will work with the GPS on your phone to pinpoint your location directly onto the map. You can also download maps from the National Parks and Wildlife Service South Australia and print them off at home. It's also important to make sure you let someone know where you are going.

Most importantly, remember to have fun! SA's national parks are fantastic places to be outside and enjoy all of the beautiful parks and landscapes that our state has to offer.

Want some extra ideas about where to go and what to do in SA's amazing national parks? Visit the National Parks and Wildlife SA website for more inspiration.



## Book of the Month available for loan Spirals in Time, The Secret Life and Curious Afterlife of Seashells.



**Helen Scales, 2015. Bloomsbury Publishing**  
Seashells are the sculpted homes of a remarkable Group of animals: the molluscs. These are some of the most ancient and successful animals on the planet, and they have fascinating tales to tell. *Spirals in Time* charts the course of shells through history, from the first jewellery and the oldest currencies through to their use as potent symbols of sex and death, prestige and war, not to mention a nutritious (and tasty) source of food. In this book, Helen Scales leads us on a journey into the realm of these undersea marvels. She goes in search of everything from snails that 'fly' underwater to octopuses accused of stealing shells and giant mussels with golden beards. Shells are also bellwethers of our impact on the natural world. The effects of overfishing and pollution are, of course, serious concerns, but perhaps more worrying is the ocean acidification, which causes shells to simply melt away. *Spirals in Time* urges you to ponder how seashells can reconnect us with nature and heal the rift between ourselves and the living world.

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The Normanville Natural Resource Centre is funded by the Hills & Fleurieu Landscape Board.

## Weed of the Month brought to you by Cape Jervis Coastal Community Group TURNIP WEED

*(Brassica tournefortii)*

*(Pic: E. Cousins; single plant showing turnip-like root, seed pods; C. Schultz; flowers, seed pod, Cape Jervis)*  
**W**e featured this weed way back in 2013, but thought we would revisit it, after spending a lot of our last working bee getting rid of it on site and off! Once a seed head blows in, clumps seem to spring up, rather than just single plants. Pretty soon you have a bank of them unless you get on top of them quickly. The weed has a rosette of large leaves at ground level, with a turnip-like taproot. The leaves are pretty hairy and have lots of lobes. The flower stem towers over this base, up to about the level of your thigh. The flowers are a fairly ordinary yellow with four petals and occur in winter to early summer. Having come from the desert areas of the Middle East, this plant knows how to survive in our drying soils in spring: it hogs the water in the soil, then sets seed earlier than most other plants. In fact they were already setting seed at Cape Jervis in early August this year! These seeds can survive for many years in the soil and remain viable after droughts and bushfires. Keep an eye out for infestations starting at your place. If yours



already have seed heads, clip them off before they get a chance to ripen. (And compost properly.)

## Isolation got you down? Hug a tree, you will feel better

By Liam Taylor - Planet Ark

**H**ugging trees was once seen as the domain of hippies and vagrants, but today the idea is getting significant attention largely due to the isolation brought on by the COVID-19 pandemic. If you have ever wrapped your arms around the trunk of a tree and given it a good old hug, you likely would have noticed a warm feeling come over you afterwards. In fact, it's the same kind of feeling that is stimulated by hugging a real person and can help one relax, overcome feelings of isolation and strengthen overall feelings of wellbeing. It's why in Israel tree-hugging is being recommended by the nation's Nature and Parks Authority after a similar campaign (and widely successful) campaign was rolled out by Iceland's Forest Service earlier this year. In Israel, hundreds of participants came together in Apollonia National Park to hug trees as part of

their healing process. "In this unpleasant corona period we recommend to people around the world to go out to nature, take a deep breath, hug a tree, express your love and get love," Orit Steinfeld, Marketing Director at Israel's Nature and Parks Authority, told Reuters. But it's not just Israel and Iceland encouraging their citizens to get outdoors and hug a tree for their health, it's us too! With uncertainty surrounding the ongoing pandemic causing the cancellation of public National Tree Day planting events for the first time in 25 years, we've launched the #HugaTreeforNTD campaign to encourage Australians to get outdoors and hug a tree to show their commitment to regeneration.



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# Yankalilla Men's Shed

The Yankalilla and Districts Community Men's Shed is getting back into full swing, although covid19 rules still apply. The Shed held it's AGM on 28th July at Club Fleurieu. The meeting was attended by 28 people with apologies from a further three members.



Members in attendance and Office Bearers



President, Bob Hacker welcomed everyone to the meeting and gave his report from the previous 12 month's activities.

These included: the start to the year having good attendances at the Shed; the attendance by Bob and Secretary, Phil Morecroft to the AMSA meeting at Morphettville Racecourse; the completion of the construction of the new kitchen, which is now being well utilised; Christmas dinner held at the Yankalilla Hotel, where Shedders filled the dining room; the silent auction that was drawn at the dinner. Bob thanked Gus Gauvin for all the work he put in to make it a success, as well as all the local businesses that contributed goods and services to the auction; the attendance by a number of members to the charity, Donations in Kind, to provide physical assistance with the loading of medical equipment; in appreciation, the charity donated a number of chairs for use in the Shed; purchase of a stop saw that provided extra safety for workers at the Shed; and the Shed was closed from March till June, due to the covid19 pandemic.

Bob also mentioned donations and grants had been received/promised from Post Office, Terry White Chemist, Normanville, Federal Government (defibrillator), CDG grant through local member, Rebekha Sharkie MP, Rivken Investments, Bendigo Bank, and Bunnings Seaford. Funds were also raised through ECO Show and the Yankalilla Show.

Bob also thanked Club Fleurieu for the ongoing

support and co-operation.

The Secretary, Phil Morecroft presented his report which covered the difficulties encountered by corona virus and the ongoing difficulties in meeting requirements for the CDG Grant.

Phil also thanked Gus for organising the silent auction and Neil Lloyd for providing the monthly article in Yankalilla Regional News.

Phil announced he was stepping down from the Secretary role this year and thanked the committees, past and present, for all the work they have done.

Shed members showed their appreciation of Phil's contribution, following thanks being recorded by Gus.

The Treasurer, Bjorn Nillssen, reported that the Shed had improved it's financial position, helped amongst other things, by sales through the Normanville shop, A Birdie Told Me.

The office bearers for the following 12 months are: President, Bob Hacker, Vice President, Peter Cleland, Secretary, John Nyveld, Treasurer, Mike Quinton, and Public Officer, Phil Morecroft.

The Committee is made up of: Phil Morecroft, George Adler, Don Law, Josh Edwards, Sandy Scott, Roy Moore and Ash Edwards.

Supper and drinks were enjoyed by all, following the meeting.

The Men's Shed hosted a sausage sizzle at Bunnings, Seaford, on 8th August. Whilst the Shed raised a nice sum, the covid19 rules presented some difficulties for those members who were able to assist. Our thanks to those who were able to help out. Another sausage sizzle shall be hosted by the Shed on 6th September. It is hoped that sufficient numbers will attend to make the sizzle easier to operate, given the rules that must be followed.

One of our members, George has built a wonderful wooden toy truck, complete with coloured blocks in the tray, and the Shed is taking orders now for Christmas. The truck measures approximately 40cm long x 15cm wide x 16cm high.



George's truck

The Shed is open on Tuesday and Friday mornings as well as Wednesday evenings. Following the easing of covid19 restrictions, many members are already enjoying being able to return to the Shed, to catch up with their mates, or to work on various projects.

**Enquiries** concerning the Men's Shed may be directed to the Secretary, John Nyveld, on mobile **0403 033 951** or by email to [yankalilla@mensshed.net.au](mailto:yankalilla@mensshed.net.au)





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And welcome to:

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Being fortunate with the type of work I have, ("a doctor's job"), – my family and I have been able to see a few things in the world. Hence an international family with 3 children, all born in three different countries. I worked in both the Netherlands, South Africa, England and Scotland before coming to Australia, the last where I worked in both Pinnaroo, NSW and Taillem Bend (SA). In other words: I worked at large in rural areas and not rarely under challenging circumstances. I like minor surgery, chronic disease management and actually the full spectrum of general medical practice. To be honest, general practice (as I feel it) is the best profession within medicine and I enjoy the variety and the often in depth patient contacts.

Furthermore, I love "the outdoor activities" and quite some years ago I did do rock climbing, sailing and a few others. Relaxing on the beach, swimming and walking are still very good things to do. "Work hard and rest hard", as the saying goes. Writing, at times, is a welcome retreat to engage somehow in different ways.

For those with a different language, I am able to speak Dutch and have a reasonable understanding from the German language, - apart from the English language obviously.

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**Matters pertaining to the virus pandemic and addressing concerns**

This excellent summary from Johns Hopkins University in Baltimore covers so much of what should be known. This is an impeccable source. They have lead the Covid research since the advent in China earlier this year.

Quote "This Covid 19 virus is not a living organism. It is a protein molecule (DNA or RNA) covered by a protective layer of lipid (fat), which when absorbed by the cells of the ocular (eyes) nasal (nose) or buccal mucosa (mouth) changes their genetic code (mutates) and converts into aggressor and multiplier cells.

Since the virus is not a living organism, but is a protein molecule, it cannot be killed. It has to decay on its own. **The disintegration time depends on the temperature, humidity and type of material in which it lies.**

**The covid 19 virus is very fragile:** the only thing that protects it is a thin layer of fat and that is the reason why **soap or detergent is the best weapon.** The foam cuts the fat (that is why you have to scrub for 20 seconds or more, to create lots of foam). By dissolving the fat layer, the protein molecule disperses and breaks down.

Heat melts fat; this is why it is necessary to use water above 77°F (25°C) for hand washing, laundry and cleaning surfaces, in addition, hot water makes more foam, making it more effective.

- Alcohol or any mixture with alcohol over 65% dissolves all fat especially the external lipid layer of the virus.

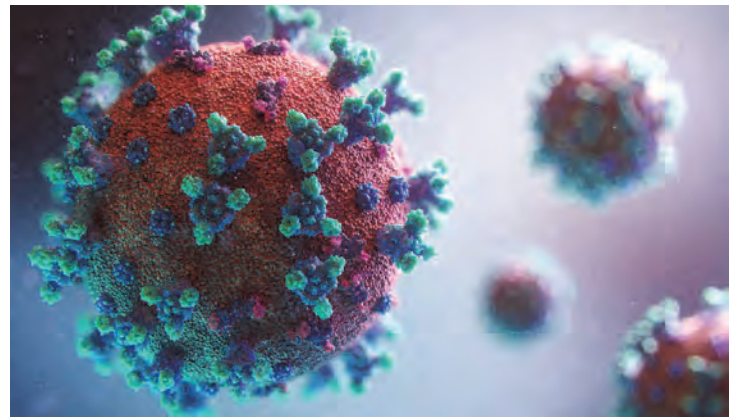
- Any solution with 5 parts bleach and 5 parts water directly dissolves the protein, breaking it down from the inside.
- Oxygenated water increases the effectiveness of soap, alcohol and chlorine, because peroxide dissolves the virus protein. However because you have to use it in its pure form, it can damage your skin.
- No bactericide or antibiotic will work because the virus is not a living organism like bacteria; antibodies cannot kill what is alive.
- The virus molecules remain very stable at colder temperatures including air conditioning in houses and cars. They also need moisture and darkness to stay stable. Therefore, dehumidified, dry, warm and bright environments will degrade the virus faster.
- UV light on any object that may contain the virus breaks down protein. Be careful, it also breaks down collagen (which is protein) in the skin.
- The virus CANNOT go through healthy skin.
- Vinegar is not useful because it does not break down the protective layer of fat.
- No spirits, nor vodka, serve. The strongest vodka is only 40% alcohol and you need a minimum of 65%.
- Listerine is 65% alcohol.
- The more confined the space, the higher the concentration of the virus there can be.
- You have to wash your hands

- before or after touching any commonly used surfaces such as mucosa (mouth), food, locks, knobs, switches, remotes, cell phones, watches, computers, desks etc. and don't forget when you use the bathroom.
- You have to MOISTURIZE your hands due to frequent washing. Dry hands have cracks and the molecules can hide in the micro cracks. The thicker the moisturiser the better.

- Also keep your nails short so the virus cannot hide there.

This covid phenomenon has elicited anxiety and fear into the communities and the foregoing facts may help to ameliorate any foreboding readers may have. Johns Hopkins is primarily a research university and amongst the top 20 universities in the world.

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## PRACTICE NEWS



## MUKUL SINGLA

Mukul Singla, principal physiotherapist and owner of Therapia Physiotherapy & Pilates, has been a physiotherapist for over 20 years, with a keen passion in active rehab and recovery.

He completed his Masters in Orthopaedic, Sports and Manual therapy, and has a particular interest in musculoskeletal, orthopaedics and sports physiotherapy.

Mukul's physiotherapy ethos is based around 'movement based rehabilitation' and he strongly believes that 'the better a person understands their body and their problem, the better they can manage it'.

His main areas of interest include: Low back pain assessment and management, Pregnancy related back pain and pelvic dysfunction, Cervicogenic headaches, Spinal (Cervical, Thoracic or Lumbar) dysfunctions He also has a special interest in peripheral musculoskeletal conditions such as: Tennis Elbow, achilles tendinitis & Plantar fasciitis, Shoulder and Knee conditions, Sports related injuries.

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## HEALTH NEWS - R U OK DAY

'R U OK?Day is Thursday 10 September 2020. It's our national day of action when we remind Australians that every day is the day to ask, "Are you OK?" if someone in your world is struggling with life's ups and downs.

2020 has been a challenging and difficult year for everyone. Isolation, social distancing and other restrictions have made it even more important for us all to stay connected and check in with one another.

Have you noticed something is different with someone you know? Take the time to ask them "Are you OK?"

If someone says they're not OK, make time to listen, encourage action and check in.

That conversation could change, or even save, their life.

If you are struggling with life's ups and downs please make an appointment to see one of the doctors at Southern Fleurieu Family Practice. Phone 8558 0111.

Visit [www.ruok.org.au](http://www.ruok.org.au) to learn more.

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## Yankalilla Community Children's Centre

At the Yankalilla Community Children's Centre the preschool has been lucky enough to have Musical Muscles return for musical mayhem for the second half of the year.

Musical Muscles is a program for the preschool children run by artist and music educator Caleb Mason. Through song the children explore different music concepts including tempo, volume, melody, beat and tone. Caleb uses very catchy originally written songs, musical

instruments (clave sticks and xylophones) and energetic actions for the children to learn as part of the musical experience.

With Covid-19 having a significant impact on educational settings there was some doubt that Caleb would be allowed access to the YCCC site but his highly energetic presence has been another step in providing a sense of normality and laughter to both children and educators alike in these unusual times.

We look forward to seeing Caleb fortnightly until the end of the year and we eagerly await the new songs

he's going to teach us. If you're keen to check out Caleb's music then check out his Musical Muscles YouTube and Facebook page and we warn you: his music is very catchy!





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## Books & Words Group

The Books and Words Group aims to encourage readers, writers, and lovers of words to engage with activities aimed at exploring a range of literary events in supportive community environments. Our Committee met in August in the hope of planning an activity in the second half of the year but, given that the virus has so rapidly proliferated in Victoria, cases have occurred again in SA after a long break, and even NZ has seen a re-emergence of the virus when it was thought it was eliminated, the Committee has decided to cancel planning for the second half of 2020 and **this will be our last article in the YRN until the end of the year.** Another major factor in our decision was the reservations of some of the people we explored the possibility of events with about their particular offerings.

The Committee has reviewed its communication processes with a view to improving notification about events when planning for these becomes more practicable, particularly the nature and function of our electronic newsletter, The Scribe. We have our own ideas on possible events for 2021 and will move ahead with these, but **we welcome suggestions from all community members, who share our aims, about**

**activities that might have broad appeal and, importantly, would be fun.** If you wish your name added to the email list please email us at [booksandwordsgroup@gmail.com](mailto:booksandwordsgroup@gmail.com). There will be no fee for this addition and you can have your name taken off this email list at any time.

As mentioned previously, membership fees have been waived for 2020. If you have already paid this will be credited for 2021. Check our website at <http://booksandwordsgroup.weebly.com/> for updates on our activities as soon as these become available.

A poem is offered that seems relevant to the times

### Kindness

The thing we need  
In these times  
Is love, support  
And to be kind.

But platforms filled  
Instead with hate  
As difference  
So many bait.

Division is promoted  
With half truths  
And full blown lies,  
Prejudice blatant.

We all can fight this  
In our own ways,  
Refusing to be led  
By those with clear motives.

Asking yourself what is this  
An expression of humanity  
Or just another attempt  
To manipulate and divide?

Kindness crosses all faiths  
Races, abilities, and genders  
Including those who just accept  
Ways different from their own.

Why not take a breath  
Before venom you exude  
See the common ground  
The essence of humankind.

Brian Matthews  
8/6/2020

books  
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## Some early observations of Indigenous inhabitants

(cont'd from August)

According to RF Williams in *To Find the Way* (1991), the original inhabitants of the Yankalilla area are believed to have been clans of the Kurna people whose territory ranged from Cape Jervis to near Crystal Brook in the north. The tribe south of Sellicks Hills was referred to as the 'Patpangga'.

In the writings of Colonel Light, Dr Woodforde and JW Bull before settlement here, and Henry Kemmis and GB Wilkinson shortly after settlement, they refer to the local Indigenous population as Encounter Bay natives. This belief emanated from stories told of 'how the natives travelled from Encounter Bay to different parts of the Yankalilla area when certain natural foods became available'. This would indicate that the Ramindjeri and Kurna people had cross-cultural links, and also with the Ngarrindjeri; the River Congeratinga, which has its headwaters in the Second Valley forest reserve, is believed to be from Ngarrindjeri language.

Natives from Encounter Bay were reported journeying up the valley of the Inman River, following the Yankalilla River to the Gorge and going through Wattle Flat to Myponga Beach. This most likely occurred when there was a plentiful

supply of yabbies in the fresh waters of the rivers and when fish or shellfish were available at the Gorge and Myponga beaches. The Bungala valley produced a lot of manna, a gum shed by a species of eucalypt known locally as the manna gum and found on the ground under the trees at certain times of the year. The gum was sweet and palatable and particularly plentiful at Kemmis's end of the valley; the natives came from Encounter Bay and Cape Jervis to feast on it and the early settlers were pleased to join them for a change in menu.

In 1841, there were an estimated 640 Kurna people but sadly, by 1856, this number had dwindled to 150.

An early settler in the Yankalilla district, George Blakiston Wilkinson (1818-1888) in the 1840s described the Indigenous people as both useful and trustworthy, although not dependable for a continuity of employment. When he was away, Wilkinson said he left a native to run messages, get supplies and bring wood and water for his wife. The native slept in front of the kitchen fire and stole nothing from the house. According to Wilkinson, it was necessary to see that the native workers were given the main meal of the day after completing their tasks as when hunger was satisfied they saw no reason to work (Williams, 1991).

Wilkinson also reported that: *'During the short time I was in the country, I could perceive a great*

*diminution in the number of natives and should say they were less by one-third than when I saw them about seven years before. In one part a tribe of thirty or forty was reduced to twelve or fifteen and these had joined neighbouring tribes, so that as a distinct tribe they were lost. This was at a part of the coast between Rapid Bay and Encounter Bay, called Tunkalilla and Waitpinga district.*

*The blacks told me themselves that this was their country but their friends were 'crack-aback' (meaning dead). In other parts the decrease has been great, though not to the same extent.'*

Most of the early settlers were sympathetic towards the original inhabitants and did what they could for them but little was known of the prevention or cure of infection. The natives themselves could not change from their age-old beliefs and mode of living so as to combat infection in the short time between introduction of new diseases and their demise (Williams, 1991).

— Lorraine Day

### The Yankalilla & District Historical Society Inc.

normally meets on the second Monday of the months of September, October, November, February, March (usually on the Tuesday in March as Monday is Adelaide Cup Day) and April, at 8pm at the Council Chambers. However, due to Covid-19 guidelines, at this stage there will be no meeting in September but, hopefully, we can resume in October.

## Yankalilla Lions Club

The COVID19 is still having an impact on the Yankalilla Lions activities. The Bingo stall and book shed are operating and we thank the locals for supporting us. We have had a couple of meetings but have not been able to have meals, but are looking forward to this in the future. The sheep shot baggers have been at work again and bags are available. Please see our advert (left) for details.

The Youth committee have been meeting and investigating projects whereby we can work with Youth in the district. If you have any ideas for projects please contact a Lion's member.

A group of our members have been making dementia rugs. These are

then forwarded to Marion Lions who are making 70 rugs for Flinders Hospital, and they are distributed to disturbed patients instead of medication on arrival. The Premier's Award to Russell Boxer was recognised in the KI paper (The Islander) and The Times (Victor Harbor). See August YRN if you missed it.



### Native Bird Rescue

**Parrots & Birds of Prey**

Phone Maggie  
(Permit F00457)

**0417 819 698**

[pumpils@bigpond.com](mailto:pumpils@bigpond.com)

### Native Animal Rescue

Available 24/7 for all native animal rescues call **Sharyn Braithwaite**

**0437 856 175**

Manna Gum Refuge. U14642 Fauna Permit

### Koala Hotline

**8289 0896**

Fauna Rescue of SA Inc.

Kate 0410 678 954



## Lions Club of Yankalilla and Districts

**Help us to support your local  
Community Fund Raising Projects**



### Recycled/Depositables

- Cans/Bottles/Plastics
- Lions Paper Shed (behind the Museum)
- South Coast Can & Bottle Co (Donation Tin)

### BBQ Hire

A trailer mounted BBQ with gas. We deliver and pick up for a \$100 fee.  
Phone Nigel 0407 864 928



### We want your Newspapers!

**Paper sheds at:**  
Yankalilla (behind Museum),  
Inman Valley, Myponga (market),  
Second Valley, Cape Jervis.  
No flyers, magazines or cardboard

### Marquee Hire

4 modules, each 6m x 6m  
Contact Jim: 0419 807 149

### Lions Book Shed - Main St, Normanville

Books, DVD's CD's. Trading hours: Fri-Sun 10am -4pm

### Sheep Shot

**Bagged sheep manure for sale - 5 bag limit**

\$6.00 a bag delivered within boundaries of Yankalilla, Normanville and Carrickalinga.

Leave orders at Bingo Stall or ring Nigel Pile 8598 5302



# Yankalilla Ladies Probus Club Inc.

## PROBUS

### During COVID

“Misery loves company” or “A problem shared is a problem halved”. Or any number of other proverbs that could apply to our present restricted circumstances as Probus members.

Considering that the Australian and New Zealand membership of Probus is around 125,000 and there are 400 clubs in Victoria alone, there are a lot of us finding different ways to stay in touch, be as active as possible, but still be sensible and safe in Covid times.

We in Yankalilla, are continuing with our small group afternoon teas but as I write this (3rd August) I fear that a general meeting with 30 plus people, is as far away as ever. We will continue to hope for our birthday celebrations in November, to be able to proceed.

Probus South Pacific Limited is our parent organisation and has been

sending out weekly newsletters by email, full of interesting articles and links to sites with useful information. The most current issue deals with winter in the garden, and I have included a couple of the links here.

Gardening expert Vasili Kanidiadis shares tips on preparing your garden in winter.

Learn more about winter pests, composting, citrus and pruning.

[https://www.probusouthpacific.org/dcab71e0/Preparing\\_for\\_Winter](https://www.probusouthpacific.org/dcab71e0/Preparing_for_Winter)  
Yates Gardening also published their winter gardening guide for Australian gardeners on frost protection, maintenance and tips.

<https://yates.com.au/ideas-plans/project-guides-articles/all/winter-gardening>

And lastly, some words of wisdom – with a smile included!

The Three Hardest Things to say are:

- I was wrong
- I need help



**STAYING CONNECTED WITH PROBUS**  
Fun, Friendship and Fellowship in Retirement

### Artworks Gallery Kangaroo Island Easter Art Exhibition

The Kangaroo Island Easter Art Exhibition is back where it belongs, Easter, just a year later than planned. The theme, On the Edge, is unchanged and still highly appropriate. Join us at the opening night for awarding of prizes, culminating in the Diana Keir Art Award.

For that award, and in honour of her late friend Diana, Alexandra McCarthy is building up a corpus of funds to support a substantial

cash prize. Donations will be tax-deductible and managed by Guildhouse, a South Australian not-for-profit that supports visual artists, craftspeople and designers (<https://guildhouse.org.au/>).

The Easter Art Exhibition page of **Kangaroo Island Artworks website** (<https://kangarooislandartworks.wordpress.com/easter-art-exhibition/>) has more information.



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- Worcestershire Sauce  
Keep safe and please, get in touch if you would like to know more about Probus in general and our amazing local Club in particular.  
**Lorraine Felix – Publicity Officer**  
0409 099 867  
**Avril Clark – President**  
0407 492 071



**Yankalilla  
Karate Club**  
For training enquiries  
and details  
Call **Sensei Strop**  
on: 0409 853 443




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A full position description is available on the ECH website.

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[ech.asn.au](http://ech.asn.au)





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Access vehicles available upon request.

**To make a booking call us on 13 33 77!**

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Are you looking for a rewarding role within the community? Join our team as taxi driver on the Fleurieu Peninsula, for an immediate start.

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