

# STANSBURY SCRIBBLE

NOVEMBER 2024

Contributions for the next issue by **25th November** to Visitor Centre  
or [stansburyscribble@gmail.com](mailto:stansburyscribble@gmail.com)

Editor: Chris Duncan   Assistant: Janet Jolly

Publication through the courtesy of:

ADELAIDE BRIGHTON CEMENT LTD and STANSBURY PROGRESS ASSOCIATION.



## **STANSBURY PROGRESS ASSOCIATION INCORPORATED**

The first market of the season on 5 October had everything weather wise. Wind, rain, cold and then beautiful sunshine! A big thank you to all the amazing stallholders and volunteers who pushed through the 'four seasons in one morning' to hang in there and trade through to 1pm!

The sun came out just after market opening time, and so did the crowds. A great morning was had by all.

Congratulations to Rob Tonkin who has started this season with a bang with his busking for charity. He raised \$441.00 for Prostate Cancer (SA). As usual Rob, you do an amazing job and provide us with some lovely ambience throughout every market.

After the market concluded, visitors wandered down to the Sports Oval for the inaugural **Sounds by the Sea event**. This was hosted by the Stansbury Sports and Community Club, with the generous support of many local sponsors. This was a free event, and approximately 800 visitors patronised the afternoon, which had music and food up until 11pm.

It is hoped to make this a biannual event as it was a great addition to Saturday of the long weekend in Stansbury.

### **Our next scheduled market is Saturday 16 November – 9am to 1pm.**

There will be over 65 separate stallholders, with everything from fresh fruit and vegetables, garden art, homemade produce, candles, recycled and new clothing, oysters, gin, nuts, candy, coffee, fresh pork and lamb straight from the farmer, homemade goods, jewellery, vintage tools and blacksmith wares, dog treats, bread and so much more. What an awesome opportunity to pick up some early Christmas presents!

### **Christmas Light Competition.**

It's that time of year again when the Progress Association offers a \$100 prize to a lucky resident in the Christmas Light Competition 2024. Entry forms will be available at the Visitor Centre from Monday 4 November 2024 and will **need to be returned by Friday 13 December 2024 (by 4pm)**. So get your creative caps on Stansbury, and light up the town for the festive season. Remember, it's a random draw, so don't be discouraged from entering if you haven't got bucket loads of money to spend on decorations or lights – it's all about getting into the Christmas spirit, making the town look amazing and have some fun.

### **Stansbury's Australia Day Citizen of the Year Award.**

The Stansbury Australia Day Citizen of the Year Award is presented every Australia Day, so it's time to think about who a worthy recipient of this award might be. More information and the nomination form will be available in the next (December/January) edition of the Scribble. Watch out for it and get your nominations in!

Continued over page.....

### **Remembrance Day Service.**

A short Remembrance Day service will be held at the Foreshore Memorial on Anzac Parade on Monday 11 November 2024, commencing at 10.45am. Floral tributes from the community will be gratefully received.

### **Visitor Information Centre.**

Just a reminder that our lovely Visitor Information Centre volunteers are on the job every Saturday and Sunday from 9.30am to 12.30pm – from now until the end of April 2025. This is in addition to our friendly staff who are available during the week, Monday to Friday – 9.30am to 4.00pm. The Centre has a great range of souvenirs, giftware and clothing and more will be arriving in the lead up to the festive season.

Come in and see us and help support the Centre and shop local.

### **Progress Association Survey Results**

Stansbury Progress Association would like to thank everyone who took the time to complete and return the town survey.

A large number of responses were received, with a wide variety of ideas and suggestions. Information is currently being collated and will be considered by the Committee.

### **RIP Jake Kennedy.**

The Stansbury community is deeply saddened to hear of the recent passing of Jake Kennedy. On behalf of the Stansbury Tidy Towns Group, I would like to acknowledge his contribution to our group and town. It is common knowledge that Jake suffered from the progressive advance of Parkinson's disease, and he courageously battled through many years to fulfil his role in the maintenance and improvement of our town. He was a very dedicated volunteer.

In the earlier days, Jake's physical strength was a major asset to the group, and later he really enjoyed his role on the front deck mower. More recently, community members would be likely to encounter Jake spraying weeds from a converted ride on mower on a walking trail, or elsewhere in the town. Jake was always willing to have go at anything.

Jake was always a great team member and contributed much to the social fabric of our group. He had a willingness to help anyone in need. In that regard, he was very persuasive and at his behest, we would often find ourselves in some charitable role well beyond our conventional function.

Tidy Towns was very sorry to see Jake retire when he retired from the group. We now share in the grief that Denise and his family must be feeling, and offer our thoughts, sympathy and condolences.

Don McPhee Coordinator  
Stansbury Tidy Towns Group



### **RSL STANSBURY**

The Sub-Branch is currently preparing for Remembrance Day. This will include the students from the Primary School placing flags on the graves of returned servicemen in the cemetery which has been part of ANZAC Day and Remembrance Day commemorations in Stansbury since 2012 and is supported by Stansbury IGA.

The Remembrance Day service will commence at 10.45AM on Monday 11<sup>th</sup> of November at the Cenotaph. Please be in position and off the road before that time as the service includes the minute's silence at 11.00AM.

The Sub-Branch meets in the Soldiers' Memorial Institute on the second Thursday of each month. Ex-Service personnel and others are welcome to attend. Contact Mark McKenna at [markmck10@bigpond.com](mailto:markmck10@bigpond.com) for further information.

**WHAT'S ON IN THE NEXT MONTH**  
**Further information in Articles in Scribble**

**NOVEMBER**

3rd	10:00 am	Beach Working Bee
4th	10:45 am	Chi Kung (Qi Gong) (every Monday)
6th	9:30 am	Community Craft and Friendship (1st & 3rd Wed.)
6th	1:30 pm	Seniors exercise classes
11th	10:45 am	Remembrance Day service
14th	1:30 pm	RSL Sub branch meeting (2nd Thursday)
16th	9:00 am	Seaside Market
19th	7:30 pm	Lions meeting in Institute Supper Room
24th	11:00 am	Ladies Long Lunch
28th	6:00 pm	Tai Chi/In-Betweens Christmas Dinner

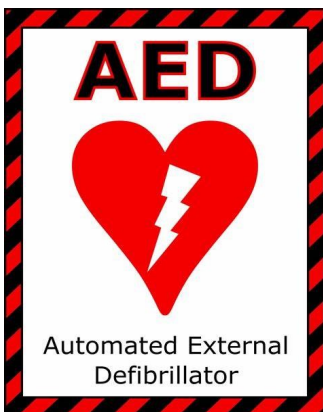
Please check Senior Citizens' activities with Cynthia 0494 117 046

**\*\* Read articles for more information\*\***

**IMPORTANT NOTE**

**There are currently 8 defibrillators situated around Stansbury.**

**Locations**



- Foreshore Caravan Park - outside wall of the office to the left of the door.
- Oyster Point Drive Caravan Park - outside of the small red brick building adjacent to the entrance of the park.
- Stansbury Visitor Centre - in porch outside the entrance
- Stansbury Pharmacy- outside on the eastern wall.
- Stansbury Bowling Club - club house wall facing the greens.
- Stansbury Golf Club - front veranda of the club rooms.
- Stansbury Oval Clubroom - in the alcove of the main entrance to the clubrooms.
- Stansbury Museum - in porch by the front door

Please return the AED to the same location it was taken from and immediately notify the relevant organisation.

**CHI KUNG (QI GONG)**

Chi Kung is a gentle form of energy practice. It is a beautiful flowing combination of movements and breathing techniques that stimulate energy flow and help promote your natural resiliency to stress and illness.

Chi Kung is held in the Institute supper room, entry via the side nearest the Post Office Monday mornings, **except public holidays**. Registration at 10.45am and gentle Qigong exercises commence at 11am. All welcome, wear loose, comfy clothes. Cost is \$3.00.

Please note that we are not a professional organization, rather a "Young at Heart" group encouraging others to participate in gentle exercise.

EVERYONE WELCOME

For further information contact Carrol Roberts 0409 094 009



## RECYCLING

To help keep our town beautiful and reduce waste the following recycling facilities are available: **Nespresso pods**: Used **Nespresso pods only** can be dropped off at the Visitor Centre into the box located by the front door.

**Paper/Cardboard**: There is a large white plastic cube in the yard at the Visitor Centre (entrance off Towler Street). Dry, flat packed newspapers, magazines (both secured with string) and cardboard can be placed in this cube. If the cube is full, please leave the paper bundles under the veranda.

*No hypodermic needles please.*

**Bottles and cans**: Bottles and cans can be placed into the collection cages located around the town, or the blue and yellow bins in the caravan parks. Proceeds are distributed to the various local community groups and sporting clubs who participate in their collection. Alternately Stansbury Recycling has a bottle and can depot for all your refundable items and glass bottles.

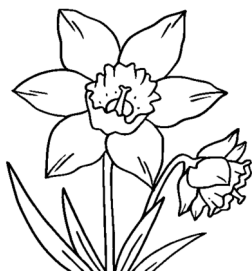
**Printer cartridges**: These can be deposited into the Planet Ark box located near the front door of the Visitor Centre.

### Yellow Bin

As a reminder of what to put in the yellow kerb side recycling bin, we now have large fridge magnets from Green Industries. Pick up your free magnet from the Visitor Centre weekdays 9.30am-4pm.

### Blister Packs

Empty blister packs can be dropped off at the Visitor Centre in our designated box. Blister packs only, no plastic bags or cardboard.



Thank you for all the wonderful support given over the four days we had the Cancer Council display in front of Yorketown Foodland and other various towns for Daffodil Day.

### Your donations to Daffodil Day

Wed \$742.50.      Thursday \$1092.00  
Friday \$1042.10.      Saturday \$322.80  
Grand Total. \$3,199.40

Well done to the SYP community.

Contributions can be sent to the following, by the 25th of the month.  
Please send copies to both Chris and Progress  
stansburyscribble@gmail.com  
progress@stansburysa.com

## MEALS ON WHEELS ROSTER OCTOBER

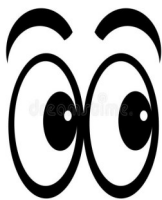
As our client numbers have decreased, multiple deliveries during the same month should not be necessary. Please swap with someone if you are unable to do your allocated day. Contact me if necessary. Thanks Janet

**Always check for updated 2024 advice on the notice board at the info centre.**

### OCTOBER

Mon		11 Sue-ellen Bowey & Trish Cranwell	25 Chris & Ron Duncan
Tues		12 Sue-ellen Bowey & Trish Cranwell	26 Chris & Ron Duncan
Wed		13 Clint Roberts & Val Caldow	27 Sue-ellen Bowey & Trish Cranwell
Thurs		14 Chris & Ron Duncan	28 Sue Newstead & Anne Longbottom
Fri	1 Grant & Janet Jolly	15 Ian & Leanne Baillie	29 Sue Newstead & Anne Longbottom
Mon	4 Kathy Watkins & Jenny Klose	18 Janet & Margaret Jolly	
Tues	5 Kathy & Reg Ricketts	19 Janet & Margaret Jolly	
Wed	6 Kathy & Reg Ricketts	20 Janet & Margaret Jolly	
Thurs	7 Kathy & Reg Ricketts	21 Sue & Rob Natt	
Fri	8 Grant & Janet Jolly	22 Sue & Rob Natt	

If unsure of anything contact - Client Service Officer Margaret Farrow Ph 0427 524 200  
- or Volunteer Coordinator Janet Jolly Ph 0408 903 812



### BE EARLY OR PERHAPS MISS OUT!

The next edition of the Scribble, due to be published on 1st December, will include all notices for January as there is no published Scribble for that month.  
All notices must be received no later than the 25th November to be included.



### EASY MOVES STANSBURY

Thank you to the Lions Club of Stansbury Dalrymple for their donation to our group. We now have some great new cushions on the chairs and have been able to purchase and replace some of our ageing equipment.

Thank you also to the Yorke Peninsula Council as our group, through the sponsorship of the Lions Club, was successful in receiving a grant for heaters and fans. These will be well used at relevant times to improve the comfort of our group as we join in the different activities.

The Easy Moves group offers gentle exercise, promoting togetherness, health and well being. Everyone is welcome to join us on Wednesdays at 1:30 pm in the Uniting Church hall.



**Your local  
LPG supplier**

**White Plumbing**  
**0417 861 830**



***45kg bottles only***

Now that's **good energy**



## **SALTER QUALITY KITCHENS**

**Specialising in:**

**Modern kitchens**

**Wardrobes**

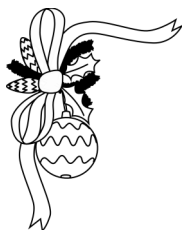
**Vanities**

**Storage units**

**Solid timber work i.e. Bars**

**Phone Nathan: 0427405023 for a free quote**





## STANSBURY SENIOR CITIZENS NEWS

We will be holding our Christmas Dinner at the Dalrymple Hotel  
12 Noon on Tuesday 3rd December.

Please put your name down on the list in the Sports and Community  
clubroom if you wish to attend, or phone Cynthia on 0494 117046.  
Names need to be down by Thursday 28th November.

The following activities are available at our clubrooms at the Stansbury Sports & Community  
Club at the Stansbury Oval.

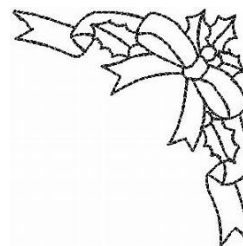
8 Ball (for men and women)	Monday 1pm - 4 pm
Table Tennis	Tuesday 9:30am -11:30 am
Cards	Wednesday 1pm - 4pm
Seniors Exercise	Wednesday 1:30pm – 2:30pm (In Uniting Church Hall)
Line Dancing	Thursday 10am - 12 noon
Cards	Friday 1pm – 4pm

All the above activities are only \$2.00, but you must be a financial member to attend.  
Membership fees of \$10.00 per annum are now due for the 2024-2025 financial year.

If you have any enquiries regarding the above activities, please contact  
Cynthia 0494 117 046

### IN-BETWEEN/TAI CHI GROUP

CHRISTMAS DINNER to be held at the  
BLUE LIME CAFÉ, STANSBURY  
Thursday 28<sup>th</sup> NOVEMBER at 6.00 PM.  
(Please note change of time)



Set menu of 2 or 3 courses available.

To book and preorder a copy of the menu and further details are available by email to:  
[carrolrob1@gmail.com](mailto:carrolrob1@gmail.com) or phone: 0409 094 009, by the 18th NOVEMBER, 2024.

CHRISTMAS BOX DONATIONS WILL BE APPRECIATED.



### LIONS CLUB OF STANSBURY DALRYMPLE

They are here!

Lions Christmas Cakes and puddings are now available.

Get in early as stock may become limited closer to Christmas.

**Best buy** 1.5 kg Christmas cake \$20.

Small cakes (1kg) \$16, puddings \$16.



These are available from Dalrymple Motors, Stansbury Visitor Centre, Stansbury Post Office  
and SYP Florist in Yorketown.



# Working Bee

**Want to help remove some rocks and other debris from the Foreshore Beach? 😊☀️**

Come and join us for a Community Working Bee 🙌🧑🐝

Sunday 3 November 2024

Meet at 10am at the old Boat Ramp on the Foreshore  
Sausage Sizzle to follow

If you can make it, please call Diana on 8852 4577  
or email [tourism@stansburysa.com.au](mailto:tourism@stansburysa.com.au)

Please wear gloves, a hat, sunscreen and  
appropriate covered footwear!

SPREAD THE WORD TO FAMILY AND FRIENDS!

Hope to see you there! 😊😊



## **STANSBURY COMMUNITY CHURCH**

A member of the Baptist Churches of South Australia and Northern Territory  
We meet every Sunday from 10 a.m. for a 10:30 service. Join with us as we fellowship,  
worship and Sunday School. We would love to meet you.

### **NOVEMBER**

3rd	Tom Hawkins
10th	Peter Agnew
17th	Peter Agnew
24th	Iain McQueen

**He says "Be still and know that I am God."** Palms 46 : 10  
What you choose to focus on either fuels your faith or your fears

Peter Agnew 0409 090 764

## **COMMUNITY CRAFT AND FRIENDSHIP**

**Marion Agnew**

As another month arrives, we look forward to meeting together, and seeing what crafty items have been made over the previous month.

If anyone within the community has, and no longer needs any windcheater material, we would be very grateful to be given it.

Our stocks of stretch windcheater material is very low.

Community Church doors open 9.30am - 11.30am,  
every 1st and 3rd Wednesday of the month.  
Hope to see you there on the 6th and 20th



### **STANSBURY UNITING CHURCH WORSHIP TIMES NOVEMBER**

3rd	Join Anglicans	11:30am
10th	Claudia Agnew	11:00am
17th	Chris Duncan	11:00am
23rd	Join Warooka UC	11:00am

*When the sunshine of God's love meets the  
showers of our sorrow,  
the rainbow of promise appears.*

Contact no 0439 180 442



### **ST. AUGUSTINES ANGLICAN CHURCH WORSHIP TIMES NOVEMBER**

3rd	Father David	11:30am
17th	Join Uniting	11:00am

*"Replace what you don't know about the  
future with what you do know about God!"  
~ Christine Caine*

Contact - Robert Cook 0409 696 787

## **STANSBURY PRIMARY SCHOOL NEWS**

Over the last two terms our learners with the support of Letitia Dahl-helm, Environmental Officer from the council have been spending time in the space opposite the school. During this time, they have observed what is currently there and reflected on what it may have been like to live there as a Narungga person before colonisation, thinking about food, shelter and how they may have used the plants. The children named the space Seaside Pines and in Nharrunga it is Dhandi (sea) side Pines.

When asked what could we do in this area, the children suggested reintroducing more flora and went about researching and determining what species they wanted to revegetate. Council provided the plants, tools, guards, stakes and water, which we thank. We were concerned about revegetating so late in the year but Letitia reassured us that because they were natives and that they are going to receive regular water for the next 6 weeks that they will get a great start.

The children loved their time planting and were so engaged as the older students supported our younger learners...the quote of the day came from Lewis (year 6), "That was really fun".

It was a beautiful day to have fun all the while learning about the whole process of revegetation. This is only the beginning as we listen and act upon other ideas from our learners in 2025 and continue to develop Dhandiside Pines.



## **STANSBURY MUSEUM**

Rowena Smith

### **THANK YOU!**

The Stansbury museum committee and its volunteers would like to acknowledge and thank the Yorke Peninsula Council for awarding the Stansbury Museum a grant under the 2024/2025 Community Grant Scheme. This has allowed the purchase and installation of a reverse cycle air conditioner for the History room which will make this a more comfortable room for visitors and volunteers alike when temperatures are extreme. The air conditioner was purchased at Minlaton Betta Home Living. It was efficiently and thoughtfully installed by Kim's Electronics staff with respect for the exhibits in the area.

### **DO YOU HAVE!**

Does anyone have a group photo of the 1990 Stansbury School Welfare Club Deb Ball? We would like to add it (or a copy) to others in our collection.

### **RECENT ADDITIONS**

We have recently had several quite old books donated to the museum that had been owned by members of a family who had lived in the Stansbury area for many years. Their topics cover practicalities like woodworking techniques of 1957 as well as cooking and home making. A "Friend in the Kitchen or What to Cook and How to Cook It" is a small cookbook published in 1907 in Victoria and has 2 interesting observations in the title page. "There is religion in a good loaf of bread" and my particular favourite, "Bad cooking diminishes happiness and shortens life" No wonder a "friend in the kitchen" was required. There is a classic black and white illustration of a woman with a frilled white apron over her long sleeved long dress with a white mob cap standing in front of her large wood oven range with heavy cast iron pots and amongst the items on the shelf above is her iron which was likely a solid iron (sadiron) heated on the range.

The donated books also relate to spiritual and religious matters. One is a "confirmation handbook" which was presented to the recipient in 1937 on the occasion of her confirmation at St Augustine's Church, Stansbury.

The "gem" of this group of books is a magnificent old Bible which will be displayed in the sitting room. It is a Pronouncing Parallel Bible from the early 1890's containing 2 versions of the bible (King James and Revised) side by side for easy comparison. This large "family style bible" has so much more than just bible text. It includes a Bible Dictionary, "Bible Aids for Social and Private Prayer and curiously, Manners and Customs of the Ancients. It has 2,000 illustrations and even has slots for family photos. Its embossed and gilded maroon leather cover attests to the importance that this type of bible held –it was literally a show piece.

The museum has also had the privilege of being able to hang a pencil drawn portrait of a young girl. She is the ancestor of a local family whose cousin became an artist of some renown, reputedly having had work exhibited in the Adelaide Art Gallery. The artist used to regularly visit the farm around the time of the Minlaton Show. This delicate portrait is especially poignant as the subject, Ruby passed away in 1908 when she was 16.

Another hat has been added to our hat collection. It is a "cabbage tree hat". It is an example of an iconic hat made and worn by early settlers in Australia –the first distinctive Australian hat even earlier than the uniquely Aussie cork hat. It is made from the leaves of the cabbage –tree palm which are unusually long and thin and so easily woven. The style has a wide brim so was practical and cool. In colonial times, cabbage tree hats were worn by most working men shepherds, bullockies, horsemen, squatters, convicts, soldiers and bushrangers. In the 1830's and 40's, there were groups of high spirited, disaffected youths named the Cabbage Tree Mob and Cabbage Tree Blackguards who all wore cabbage tree hats to symbolise their unity -not unlike the Mods and Rockers of the 1960's whose fashion identified them.

You never know what treasures you will find at the Stansbury museum!  
There is something for everyone! Come and be surprised, excited and delighted!

## **ST AUGUSTINE'S ANGLICAN CHURCH CALL FOR HELP**

As some of the community are probably aware, our church has been unable to hold services due to a power failure. The electrical system was rather archaic and needed some major work. This has now been carried out after the main earth wire from switchboard was replaced.

The cost of this work has exceeded our expectations and as a small congregation we are struggling to make ends meet. The repair job and reconnection fee amounted to over \$1000.00.

We Anglicans are asking residents in our community for donations relating to this expense so we can keep the lights on in our little church. We have some support from the central Anglican funds but more is needed.

Our bank account details are:-  
BSB 105-064  
Account 028519040

If unable to do internet banking a donation tin is available in the Information Centre.  
If you would like a receipt can you please advise me accordingly with your details.

In appreciation of your help.

Jan Henery  
Warden  
Ph 0458 524 507



## **NEWS FROM SYP FLORIST**

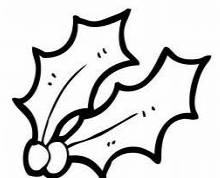
Interflora Australia is a worldwide Floral Service to the public, sending orders to all countries whether it is fresh flowers, plants, or gift baskets with goodies and wine. Lyn Gates, owner of SYP Florist, Yorketown has been recognised by Interflora Aust. as a top florist in SA.

Lyn has been working with Interflora since 1968 (56 years), and is the longest current single owner florist and member of Interflora in South Australia, having operated in Stansbury and Yorketown for 46 years.

Christmas is approaching with lots of new stock on display ready for you to plan your Christmas shopping.

Spoil someone special this year with one of the premium Christmas hampers. These hampers, with different assortments to choose from, will be available the week of Christmas.

If you are planning a Christmas party, and would like some fresh holly for table arrangements, just pop into the florist shop and tell Lyn what you require and what day. Holly will be free.





## **STANSBURY SPORTS AND COMMUNITY CLUB (SSCC) UPDATE**

### **Stanbury's Sounds By The Sea**

The inaugural Sounds By The Sea event was a remarkable success with large crowds present and much positive feedback received.

Through the generous sponsorship and funds raised from the event, we will now be in a position to begin upgrading the internal facilities of our clubrooms.

The Committee relies on volunteers and sponsorship to keep the club functional and maintained. Without this we would not be able to continue to upgrade our facilities or undertake such events. We thank all involved and look forward to the next 'Sounds By The Sea'.

### **Ladies Day - Long Lunch - Sunday 24 November 2024.**

Join us for a ladies long lunch on the Stansbury Oval - A fundraiser towards the Hospital Research Foundation Group – Cancer Research.

Many of us have been affected or touched by Cancer. Lets all come together to remember loved ones, chat amongst other women, have some laughs, fun & fundraise.

Ticket includes:

- Lunch - Grazing table, Main meal and Dessert Board
- Guest Speaker
- Spring Carnival Games
- Silent Auctions
- Bar facilities

Dust off your fascinators for a spring carnival theme!



Tickets can be purchase at <https://www.trybooking.com/CUYLO>  
or by scanning the QR code

**Christmas Event** - Stayed tuned for further information about our Christmas Event.

**Projects** – Our next major project will focus on refurbishing the internal of the clubrooms with new flooring, lighting, painting and a new kitchen. We have been successful in securing a grant for the painting and lighting. This project will start soon.



### **PINE POINT CHRISTMAS POP –UP MARKET**

15th December 10am—2pm  
50 Main Coast Rd  
[pineypopupmarket@gmail.com](mailto:pineypopupmarket@gmail.com)

### **THANK YOU**

Lyne Gates

Thank you to everyone who has been concerned regarding my health.

I am slowly getting back to full steam, but it did knock me for a six.

The highlight was an ambulance ride to Wallaroo!





# Ladies Lunch

## SPRING CARNIVAL THEME

Join us for a ladies long lunch on the Stansbury Oval. A fundraiser towards the Hospital Research Foundation Group – Cancer Research. Come along to feast, have fun & fundraise.

SUNDAY

24  
NOV  
2024

AT 11 AM

**\$60 PER  
PERSON**

Includes:  
Grazing table  
Main meal  
Dessert Board

Scan QR code to make a booking



### EXTRA'S

Guest Speaker  
Spring Carnival Games  
Silent Auctions  
Bar facilities



<https://www.trybooking.com/CUYLO>



0412160933





# Shanina

## STANSBURY BRIGADE

It was after the Edithburgh fire that I first spoke to the Stansbury CFS captain to see if there was a role I could play at the local brigade. He immediately signed me up for the next training, and I've ridden on the truck ever since. I may not be the fastest or strongest on the fire ground, but it's not always about speed and strength. Sometimes I'm holding a traffic sign, sometimes I'm giving directions, sometimes I'm helping SAAS with a patient.

Right now my family and work commitments demand a lot of my time, but I've never felt pressured to attend every incident. As volunteers we are encouraged to take care of our own welfare and mental health. I attend as many incidents as I can and play whatever part I am able to when there. I also try to assist with any community engagement activities, and helping Santa on Christmas Eve is a highlight.

Our family farm is close to town, and the CFS are often called to accidents, trees down, and occasionally fires in that area. To date we've been fortunate, but if ever my family or the farm is involved I want to know that help can come from Stansbury, just 6 minutes away. I hope this will continue to be possible for many years to come.

## Volunteer Now

Stansbury Brigade needs more members. There are many different CFS roles.

Join our team today!

Phone Steve on 0403 572 750

No experience necessary and training is provided!

**[cfs.sa.gov.au/volunteers](https://cfs.sa.gov.au/volunteers)**



<b>STANSBURY PHARMACY</b> <i>"Quality Advice with Traditional Service"</i> 1 ST VINCENT STREET STANSBURY SA 5582 Phone: 8852 4400 Email: stansbury.pharmacy@gmail.com	Trading Hours: Monday, Tuesday, Wednesday & Friday 9.00 am – 5.00pm Thursday: 9.00 am – 2.00 pm Saturday : CLOSED Sunday: CLOSED
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**NOVEMBER 2024 SPECIALS**  
(1/11/2024-30/11/2024 or while stocks last)

Come in and check out our new Pharmacy Health Sunscreen Product Range	
PH Sensitive with Zinc Sunscreen SPF 50+100ml <b>\$10.50</b>	PH Face Sunscreen SPF 50+ 75ml Tube <b>\$9.95</b>
PH Aftersun Gel AloeVera Pump 500ml <b>\$11.50</b>	PH Aftersun Gel AloeVera 200ml Tube <b>\$7.95</b>
PH Everyday Sunscreen SPF50+200ml Tube <b>\$9.95</b>	PH Face Lightly Tinted Sunscreen SPF50+ 75ml Tube <b>\$9.95</b>
<b>10% off selected incontinence products</b> ** See in store for selected products **	Quilton Toilet Paper 10 Pack <b>Was \$7.95 Now \$6.50</b>
APH Cetirizine 10mg 70 Tablets <b>Was \$39.95 Now \$24.99</b>	Allertine 20mg 30 Tablets <b>Was \$39.95 Now \$29.99</b>
APH Ibuprofen 200mg 96 Tablets <b>Was \$19.95 Now \$9.99</b>	APH Cardio Aspirin 100mg 168 Tablets <b>Was \$16.95 Now \$9.99</b>
APH Ibuprofen 6month – 12 years 200ml <b>Was \$16.95 Now \$10.49</b>	APH Paracetamol 6 -12years 200ml <b>Was \$16.95 Now \$11.99</b>
Metamucil Smooth Orange 425g 72 Dose <b>Was \$33.95 Now \$24.99</b>	Metamucil Regular 504g 72 Dose <b>Was \$33.95 Now \$24.99</b>
Natures Own B12 100mg 60 Tablets <b>Was \$19.95 Now \$16.99</b>	Surf Life Despicable SPF50 75ml <b>Was \$13.95 Now \$7.99</b>

Please note that we are **NOT** open any Saturdays  
for the month of November.