

# The Coffin Bay Sun

November 2020



Initiative of the Coffin  
Bay Progress  
Association

[coffinbaysun@gmail.com](mailto:coffinbaysun@gmail.com)



## Coffin Bay Progress Association



## PRESIDENTS REPORT

Hello Coffin Bay

What a busy month we have had and it's not finished yet. The October long weekend had crazy weather but it didn't keep people indoors. The markets in the Hall were busy all day and the Progress Book Sale which was held on the same day was our biggest yet, so much so that we opened each afternoon the following week for just a couple of hours each day. Thankyou to those that set up and ran the stall. Moving those books in and out of the store room is an awful job.

On the Monday of the long weekend we held our 3rd BAMM, another huge success. All the stall holders had a very successful day and new stall holders said it exceeded their expectations. There was no where to park from the Beachcomber to past the Hall and Progress ran out of food just after 3pm. BAMM is getting bigger and better each time and this is all due to Rachel Saxby and the hours she puts into making this a success. Progress is planning another one in January and at Easter, we really need a few more helpers and if you could just spare us a couple of hours on the day it would be greatly appreciated. Thanks to those that dragged everything from the Hall to the Foreshore and back again, to Stumpy who just stands there all day cooking sausages with a smile on his face and the girls that ran our food stall, it was pretty hectic.

I'm writing this on the 24th Oct and we have just completed our first day running the refreshments stall and the gate for the Bowyers Open Gardens SA. When this was first offered to Progress as a fund raiser I just didn't think we could do it but with so many friends offering to help it ran like clockwork, I will never be able to thankyou enough. Kay Breden, Browwyn Morgan, Gill Blacker, Chris Stenson, Leon & Margot Newman, Margo Hansen, Pan Finlayson, Pat Hurrell, Judy Degiglio, Kerri Gilbertson and Progress members, Georgina Lewis, Tracey Matheson, Kerry MCEwan and Christine Marshal], you are all amazing. By now you will all be aware that our Post Mistress Fi Gordon and friends are raising funds to upgrade the two pontoons in the swimming areas near the Jetty. Please support them, they are working so hard for this project and giving up so much of there time for the kids in our community.

The pontoons were donated to the Community by Progress many years ago, some have said 30 years ago, unfortunately they have never been maintained and if not upgraded they would end up at the dump. Progress applied for a Grant from the District Council and we were successful, receiving \$3334.00 and we thank Council for their support. Shame Smith will be carrying out the work on the pontoons and I am looking forward to seeing the finished product. Looking forward to having our Supermarket open soon, the building is looking great.

Coming up, Christmas Party on the 19th Dec, same format as last year A Community Art exhibition on the first weekend of January, BAMM in January

Cheers  
Carol Fathers

### CONTACT US

**President:** Mrs Carol Fathers 0400 854 441

**Secretary:** Mrs Tracey Matheson 0431 424 790

**Treasurer & Hall Booking Officer:** Mrs Linda Christian 0409 092 168

**Vice President:** Ms Rachel Saxby 0417 858 122

**Public Officer:** Mrs Carol Fathers 0400 854 441

**Coffin Bay Sun:** Holly Gill 0424 989 360

**Hall Flag:** Sandra Peters 0408 895 674 – Peter & Lorraine Bradford 0428 854 138

**Next Progress Association meeting is 2<sup>nd</sup> Tuesday of the month at 7.30pm in the kitchen of the Coffin Bay Hall. All welcome to attend**

# COFFIN BAY YACHT CLUB NEWS

## DID YOU KNOW????

### The old yachty jetty is coming down!!

The Coffin Bay Yacht Club is embarking on a major community project that will bring great benefit to our town.

WE HAVE NOW REACHED STAGE 3 OF

\*THE CBYC COMMUNITY JETTY PROJECT\*

Over the past two years we have consulted with the local recreation and aquatics industry and the Nauo people, completed the engineering and design process and have recently gained that all important planning approval. We now enter the challenging task of applying for funding grants and will be working hard through fundraising events to help meet the considerable cost of completing this fantastic project.

WE LOOK FORWARD TO YOUR SUPPORT AS WE DEMOLISH THE OLD AND BUILD THE NEW.

\*\*\*\*\*

\*\*\*\*\*Sailing Season is now well underway with sail training Sunday mornings and club racing in the afternoon. If you are interested in joining in come on down on Sundays and be a part of the fun!!\*\*\*\*\*

You will be very welcome!

.....



## COFFIN BAY COMMUNITY CHURCH CNR HAGGARTY & TAPLEY STS

(A JOINT INITIATIVE OF THE LUTHERAN & UNITING CHURCHES  
IN AUSTRALIA, WORSHIPING TOGETHER IN CHRISTIAN UNITY.)



### WORSHIP SERVICES Every Sunday:

**9:00AM**

**WELCOME!**

Jesus said, "I have come that you may have life and  
have it to the full." John 10: 10 TNIV

## Mt Dutton Bay

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#### BOWLS

Wednesday & Saturday Competition..  
have a roll any other time!  
Contact MIKE: 0428 395 754

#### GOLF

Full Member \$165  
Juniors \$39  
Contact STEVE: 0427 854 379

**Green fee players WELCOME**

Thursday MENS competition – names in by noon  
Tuesday LADIES Competition – names in by 11am  
Sunday MENS & LADIES – names in by noon



**34° South  
Catering**

### SATURDAY

6pm ~ 8.30pm

### SUNDAY Breakfast

8.30am ~ 11.30am

**\*\*BOOKINGS ESSENTIAL\*\***

Find us at the top of  
Giles Road, COFFIN BAY



## **Gardening Tip**

*by Phil Siviour*

### ***Coffin Bay Gardening Service***

It is an ideal time to re-pot your hardy evergreen plants as new growth is just beginning and any damaged roots will be replaced quickly. Aim to have your plants in the best condition before the summer heat gets to them. Start with those plants already showing signs of new growth.

You will have noticed how lovely the roses are as they come into bloom. Keep picking them to enjoy and remove dead flowers to make sure they keep blooming into summer. Give them a feed with rose fertiliser and make sure there's mulch over the soil in the garden bed.

If you have chooks, you will know how entertaining they can be as they wander, forage and bathe in the dirt. Once they have gone past their egg production, that is, they are getting old, don't be in a hurry to get rid of them. Enjoy them as great recyclers of your kitchen waste and as special garden pets.



### **Message from DR ROWE.**

DR CLAIRE ROWE is officially moving to the Coffin Bay Community HALL.

This is due to the unfortunate closure of the Community Health Centre.

Her last consulting day in the Health Centre is Thursday Dec 17th.

She will commence consulting in room at the front of the Hall - next to the Library on Wed January 6th.

Bookings will be available online and with a new phone number. TBA very soon.

Continue using normal booking number until December 17th.

Thankyou to Carol Fathers and all her team, Adrian Spears and the Library for all their help in the changeover.

## EUROPEAN HONEY BEES

This tale, rather wonderful for me, digresses into flying insects rather than birds.

For some years I had been toying with the idea of keeping bees again, and last month, finally started making a hive with timber retrieved from the dump. Old Oregon fascia boards are particularly useful for hive sides and ends. Instead of the normal “Langstroth” hive where boxes are stacked one on top of the other, I decided on a “top bar” hive. These hives, as you can see from the photo, go along rather than up. Working them causes considerably less stress to the bees (and the beekeeper!) and a lot less equipment is needed. The down side is that less honey can be taken, but that is only a secondary consideration for me.

Now here’s where the magic comes in. We had been in Lincoln for the day and on arriving home, the air was thick with flying insects. On closer inspection, a swarm, the size of a big watermelon, was hanging from a finger sized branch, head high on the side of the drive! Panic stations! Would I be able to complete the hive – still needing entrance holes, legs, roof and painting – before the swarm flew off? Then followed a mad two-hour scramble to make the home habitable and sited in the back yard; note, the paint job went by the by.

Fortunately, the swarm was still there. Swarm bees are mild mannered, perhaps because they have gorged on honey before departing their old home. Their abdomens are so full they are unable to sting. Food reserves are essential to tide them over until they become established in a new hive. My initial apprehension was unfounded as it was quite easy to snip off the branch above the swarm, gently lower it into a plastic drum, walk it over to the brand-new hive, and pour the new tenants in.

There is always a chance that the bees will not take to their new home and fly off to a place more to their liking. Eight days later, they are still there and have already drawn out three full frames of comb (see photo) and have started on others. The queen has begun laying eggs in the central sections of the comb. The remainder is being filled with nectar and pollen from foraging bees as fast as the comb constructing workers can make it. The bees have been particularly placid each time I have inspected the hive.

Bees are able to disengage their wings for flying and use them as fans to evaporate and thicken nectar into honey. On a still evening the air around the hive is redolent with the perfume of honey being made.

In the twenty-five years we have lived here, this is the first time a swarm has settled in the garden – and just at the right time! Was it a coincidence or was it magic beyond our understanding? “There are more things in heaven and earth, Horatio/ Than are dreamt of in your philosophy.”

Doug Clarke Oct. ’20.







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**0407 357 853**

# Cummins Recyclers

We are in Coffin Bay

**Sunday November 1<sup>st</sup>**  
**Sunday November 22<sup>nd</sup>**  
**Sunday December 14<sup>th</sup>**

10am till 1pm  
6-8 Lawrie Street  
Phone Heather: 0429 082 656

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**[www.dunebustersportlincoln.info](http://www.dunebustersportlincoln.info)**

## Pilates classes at the Community Hall!

Every Tuesday morning at 9:30am  
(10am during school holidays).

Please contact Alyssa on  
**0438 021 638** for more information.

Everyone is welcome, however  
numbers are limited



**ADORE YOUR CORE**  
PILATES

## Coffin Bay Pharmacy

Please kindly note that the operating timing for  
pharmacy has changed

MONDAY to FRIDAY: 9:30 AM TO 5 PM

SATURDAY: 9:30 AM TO 12 PM

SUNDAY AND PUBLIC HOLIDAYS: CLOSED

Address: 2 Flinders Avenue, Coffin Bay, SA-5607

Phone: 08-8685 4080





## Friends of Coffin Bay Parks

**Volunteers caring for our coast**

President: Graham Baker

Secretary: Bernadette Saunders

Treasurer: Sonia Richards

PO Box 152

Coffin Bay 5607

dettes46@bigpond.com

Anyone interested is very welcome

Membership fees \$10.00 per year

Tea and Coffee provided

*Volunteers working with DEW in conserving and  
managing our national parks*

## Coffin Bay Playgroup

Meet at the Coffin Bay Hall on Mondays 10am-12 noon during school term. Bring \$2 entry and a piece of fruit to share.

**Visitors are welcome.**

## CEA-SIDE STITCHERS

We meet Friday mornings 9-12 at Coffin Bay Golf Clubrooms.

We extend an invitation to anyone (residents or visitors) interested in **quilting, sewing or needlework** to join us at our weekly get together.

Bring along your machine or knitting etc. All welcome.



## CUMMINS OP SHOP

Open Monday – Friday 10am – 4pm

**\$5 Kids Bags - Clothes & Shoes only**

Donations Always Welcome!



The Coffin Bay Yacht Club is a vibrant community club that is run and worked by VOLUNTEERS!

We need your help in our family friendly club, by volunteering your time in the kitchen. Just once a month on the roster would be appreciated!



### Coffin Bay Bowling Club Needs You!!

With several members having retired from bowls or moved away, we are needing new players to join our club and enjoy our fantastic sport.

Our friendly group of members will welcome any interested persons, regardless of playing ability or experience to come along and enjoy the game of bowls. Our facilities are arguably the best on Eyre Peninsula, and members can enjoy bowls from social bowls through to pennant competition.

If you think you might like to give bowls a try, contact **Paul Phillips - 0411 881 474** or

**Peter and Lorraine Shepperd 0427 103 492**



Lower Eyre  
**Coastcare**  
Association

Enjoy the outdoors growing plants and exploring the coast? Need help identifying a bird or a plant? Want to get some exercise and help look after our coast? Do you have other skills to contribute such as social media management or graphic design?

Join us outdoors and get some gentle physical exercise, improve your mood and life and a sense of achievement in volunteering. We undertake varied activities around the coastline of Lower Eyre Peninsula.

**Join us for an hour or two or for the morning, last Monday of the month. Meet at Coffin Bay boat ramp BBQ area, 8.30 am. Visitors most welcome. Or contact us if you would like to assist in other less physical ways**

Check us out on Facebook to stay up to date with our current projects.  
For more information email [lowereyrecoastcare@gmail.com](mailto:lowereyrecoastcare@gmail.com) or

call Kerry 0498 387 961

### Pricing 2020

Front page	2/3 page \$20 per month
Meet the locals	1/2 page free (one per month)
Business listing	Business name + phone number \$5 per year
1/8 page	\$3 per month or \$30/year
1/4 page	\$5 per month or \$50/year
1/2 Page	\$8 per month or \$80/year
Full page	\$15 per month

Invoices will be sent from The Coffin Bay Progress Association on booking.

Please contact the editor [coffinbaysun@gmail.com](mailto:coffinbaysun@gmail.com) to arrange your advertising for 2020

All advertising is editable at any time throughout the year at no extra charge.

Please keep your adverts up to date and include any monthly special events.

## JENKO ELECTRICAL SERVICES

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## **Coffin Bay Pizza & Takeaway**

are now located at Shop 4/61 Esplanade  
next door to 1802 Restaurant

**Business Hours are Wednesday - Monday 4pm - 9pm**  
**Tuesday Closed**

Open all Public Holidays except Christmas Day

Phone 0458 248 725 or Leave a Message on our FB  
Page under "Coffin Bay Takeaway "

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**“Reach Out”  
in Coffin Bay**



Do you want assistance or information about how to access Red Cross support services? Come see one of our helpful staff at our “**Reach Out.**” session.

**When:** Last Tuesday of the Month

**Where:** Coffin Bay Library

**Time:** 10:00am – 12:00noon

**Bookings Required**

**Phone:** Cummins Library 8676 2476

Please contact our Port Lincoln Red Cross office for more information.

20 Edinburgh Street, Port Lincoln P: 08 8683 0551

Office hours: 9am to 5pm Monday to Friday



**the  
power of  
humanity**



## General Classifieds

### Dr Claire Rowe

Every Wednesday 9-5pm  
1<sup>st</sup> & 3<sup>rd</sup> Thursday of the month  
9-5pm

She works out of the  
**Coffin Bay Community Health Centre**, Corner of Hawson St & Flinders Ave.

For appointments and messages for Dr Rowe please call **8683 2077**

### A.A. MEETINGS

Please Contact  
0427 854 585  
0427 944 985

#### WASTE TRANSFER STATION OPERATING TIMES

##### **Coffin Bay**

Facility is open to the public during the following hours:

**Tuesday – 2pm to 4pm**

**Wednesday – 9am to Noon**

**Sunday – 9am to 12 Noon**

[www.lowereyrepeninsula.sa.gov.au](http://www.lowereyrepeninsula.sa.gov.au)

Make sure you send the editor the details of your events and what your community groups are achieving at **[CoffinBaySun@gmail.com](mailto:CoffinBaySun@gmail.com)** before the **24<sup>th</sup> of the month** to get into the next issue of 'The Coffin Bay Sun'!!

**If you would like your copy of the Coffin Bay Sun emailed to you (in COLOUR!) then let us know via [coffinbaysun@gmail.com](mailto:coffinbaysun@gmail.com)**

**Coffin Bay Gardening Service**  
Phil Siviour – 0428 868 545

**Steve's Gardening & Handyman Service**  
Steve Nettle – 0427 854 379

**Origin Energy Agent**  
Steve Nettle – 0427 854 379

**John Gill Electrical** – 0407 556 096

**Ken Cairns Plumbing** – 0427 854 585

**Stotty's Building**  
Klint – 0439 339 407

**Qualified Carpenter**  
Shannon Fry – 0422 595 852

**Qualified Carpenter**  
Peter Bald – 0419 824 233

**Local Carpenter – House Maintenance & Improvement**  
Marty Bratasiuk – 0433 071 640

**Noel's Flyscreen Service**  
Noel Saxby – 0400 233 366

**Coffin Bay Linen Hire & Laundry Service**  
Sharon – 0488 515 132

**Rendering & Plastering**  
Steven – 0413 126 347

**Majoor Contracting**  
Luke Majoor – 0421 752 537

**Open Eyre Events**  
Charmaine – 0428 668 642

**Reptile Removal and Relocation**  
Including injured bird rehabilitation  
Rob – 0427 563 685

**Justice of the Peace (JP)**  
Ian Gordon – 8685 4417

**Local Graphic Designer**  
Holly Gill - 0424989360



## Library News



Although 'Get Online Week' has come and gone, anytime is a good time to discover what you can do/find/discover online. Here are some suggestions you may like to try:



Of course, Barbie, Georgia and Judy are only too willing to help you with any of these online tasks, or others that you may like to try. To avoid disappointment of not being able to get support when you call into the library, **it is very important that you book an appointment time for their visits on Tuesdays by ringing 8676 2476.**

### I CHOOSE SA books, writers & publishers



Access SA eBooks at:  
[libraries.sa.gov.au/ichoosesa](http://libraries.sa.gov.au/ichoosesa)



Did you know that our OverDrive digital library (**Libby**) is packed full of South Australian books, writers and publishers! The collection includes new releases, histories, modern classics, self-published, perpetual favourites and more.

This collection is being updated frequently and we endeavour to purchase titles to support your local author events (but if we've missed a title, please get in touch).

**Explore the 'I Choose SA' collection here:**

<https://sapln.overdrive.com/collection/230092>

### Want to know more?

#### Coffin Bay Branch Hours:

Tuesday 10.00 - 12.00 noon  
Coffin Bay Hall

Saturday 10.00 - 12 noon  
(08) 8676 2476

[www.libraries.sa.gov.au/cummins](http://www.libraries.sa.gov.au/cummins)





## South Australian Bushfire Garden Revival Lower Eyre Peninsula

“Calling on gardeners to help restore gardens in SA’s bushfire affected areas”

SA Bushfire Garden Revival is an initiative run by volunteers who grow plants and collect seeds, bulbs and other garden related tools and ornaments to assist re-establish gardens impacted by fires in South Australia

The group was founded by Kristy Barnes after the Sampson Flat fire, then provided assistance after the Pinery fire and is now back in action following the fires in SA over the 2019/20 summer. The project is about assisting those affected by bushfires to recover and re-establish gardens and home orchards burnt in the fires. This is being done by engaging volunteers to grow the plants and collecting donations of garden equipment such as garden tools, pots, ornaments and garden furniture, all things that make a garden.

The project is about so much more than just growing plants to hand over to recipients. There is a strong emphasis on the benefits of gardens and gardening for mental health and helping those impacted by bushfire to not only re-establish their gardens but also their wellbeing through sowing the seeds of renewal through a new garden. For many people gardens are such an important part of their lives as places of enjoyment, creativity and contemplation. In some cases, people have lost gardens that they have been tending for years and this is another big part of their loss. An important consideration often overlooked is that home gardens are often not covered by insurance. This is where the SABGR group can assist.

SABGR is growing and collecting for all areas in SA affected by bushfire, but due to biosecurity issues with sending material to Kangaroo Island only financial donations and donations of gardening equipment such as tools and pots, etc. may go to there. The group now has 25 collection points extending from Adelaide and surrounds down to Port Elliot and now to Eyre Peninsula.

The Lower Eyre Peninsula group is calling for anyone interested in growing to contact them to find out how they can help. They are also calling for donations of most plants, pots, tools, seeds, bulbs, hoses, sprinkler, all sorts of garden related equipment. They would love support from businesses too.

The timeline is for propagating plants now through to June with the collection points opening for receiving plants from June onwards until the end of July. The plants and garden equipment will be made available through garden centre style open days free for recipients ready for spring planting.

If you would like to donate or be a volunteer grower or register for assistance you can contact Kerryn McEwan 0498 387 961 email [sabgrlep@gmail.com](mailto:sabgrlep@gmail.com)

or check  [SA Bushfire Garden Revival Lower Eyre Peninsula](https://www.facebook.com/sabgrlep)

# Country Health Connect

## Coffin Bay Community Nursing Service

Coffin Bay Nursing Services are a valued service to the Coffin Bay community. Services are available every week on a Monday, Wednesday and Friday, excluding Public Holidays.

We want to ensure the service is provided as efficiently as possible whilst managing physical distancing requirements that support the safety and wellbeing of our clients and community. To enable this Community Nursing services are available in either the clinic or in the client's home.

To manage physical distancing requirements and support in home services we have introduced a Booking-In system.

To book an appointment or make a referral please phone 8683 2200, and ask to speak with the Intake Officer. A nurse will then phone you to discuss a suitable appointment time.



**COUNTRY  
HEALTH  
CONNECT**

Call us on 1800 944 912

[www.countryhealthconnect.sa.gov.au](http://www.countryhealthconnect.sa.gov.au)

Funded by the Australian Government Department of Health. Although funding for these services has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.





## An Interview done with Pauline Britza a volunteer with South Australia Ambulance Service

- 1) What was your reason to apply to join SAAS as a volunteer.  
I first joined SAAS in the early 1970's while working in Cummins. This was because we were coming home from Port Lincoln when we came across a grain truck roll over. We were 2<sup>nd</sup> on scene all asked each other if we knew what to do if we were there first, and came up with answer not really. A few months later I got married and moved to Lock, so gave it away, had 3 children so never thought I could have the time. Lock was very short of ambulance people (4) so joined in November 2000 and started February 2001.
- 2) Did you have any experience with Health Learning.  
Apart from the few months in Cummins no health learning at all. SAAS gave me all the training that was required. Back then we had 5 full weekends either at Wudinna or Cleve.
- 3) Were there many changes to your everyday life.  
Not many, but because we had four farms, when on call I would work on the home farm which was closer to the station. There were many times you had to get off the tractor or park up the semi. Mainly left notes on the table for family where I had to go.
- 4) How often do you go to training.  
I try to attend every week, It's a great way to learn the skills required and maintain your skill level.
- 5) Has training enhanced your skills.  
Belonging to SAAS has sure enhanced my skills. Going from not knowing much about the health profession to feeling confident with knowledge, when treating a patient. Also it helps with liking after your own family. You also make a new circle of friends who share the same interests about caring for their community and patients
- 6) What is your family dynamics and would you recommend volunteering to others  
I am now on my own, so can help out at other stations when they are short on roster staffing. I often think that I should have kept on with it when at Cummins.

*I've always looked at Paramedics and thought 'I'd really like to know some of the stuff you know'. I'll admit when I started my training I still wasn't sure if it was the right challenge for me. But I can pinpoint the moment when I thought yep when that pager goes off I feel ready to suit up and go. I've had the privilege of providing care for some of the legends of our community, of being a familiar face for locals going through prolonged illnesses that require frequent ambulance visits and also for visitors or locals whose day has gone a bit pear shaped due to injury or illness. We're so well supported by back up from Lincoln or other volunteer crews as well as Extended Care Paramedics over the phone. Ambulance is only one part of my life, but it has become such an important part that now I can't imagine life without it.*

This is a worthwhile volunteering job, you get out of it what you put into it. SAAS do accommodate their volunteers well. Learning and roster time can be worked around your own situation.

Come join the SAAS family.

Pauline Britza.



*Matthew Flinders Care Services*  
*Home Care Packages*



Now open for business in your area!

Need some help at home?

MFCS offer competitive pricing and a brand you can trust.

Pop into our office or give our wonderful staff a call  
on 8683 3970

Shop 2/60 Liverpool Street, Port Lincoln.





Whats new at

# Lower Eyre Family Practice

**A** Tumby Bay Road, Cummins SA 5631 **P** 08 8676 2210 **E** admin@cumminsmedical.com.au

## Welcome



**Lower Eyre Family Practice would like to welcome**

**Jenna Holman to the team!**

**Jenna will be joining us as a Practice Nurse.**

**Please help us to make her feel welcome.**

**Do you suffer from a Chronic Medical Condition,**

including, but not limited to;

heart disease, diabetes, COPD, asthma, cystic fibrosis, arthritis, cancer, dementia, Alzheimer disease, Crohn's disease, multiple sclerosis, Parkinson's disease or a mood disorder?

A GP Management Plan (GPMP), can help people with chronic medical conditions, by providing an organised approach to care.

**What this plan does:**

Identifies your health & care needs

Sets out the services to be provided by you GP

Lists the actions you can take to help manage your condition

Includes the coordination of preventative health activities, blood tests, medication reviews, specialist referrals & Allied Health referrals.

**Speak to the Practice Nurse today and find out if a GPMP would benefit you.**

*\*this is a bulk billed service\**

## HotDoc

**Book Appointments and Request Repeat Prescriptions Online!**

Patients can book appointments online for both our Cummins and Coffin Bay Clinics through HotDoc.

Current patients can now also use the site to request scripts from their preferred GP.

To book appointments, or request your scripts download the HotDoc app or search for our clinics at:

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

**REMINDER: During the COVID pandemic it is still important to keep up to date with childhood immunisations**



Friends of Coffin Bay Parks

President: Graham Baker  
[info@coffinbay.biz](mailto:info@coffinbay.biz)

PO Box 152

Secretary: Bernadette Saunders  
[dettes46@bigpond.com](mailto:dettes46@bigpond.com)

Coffin Bay 5607

Treasurer: Sonia Richards

Many of us in Coffin Bay enjoy the amenity of our wonderful National Park: fishing, hiking, exploring the natural history, admiring the views and showing family and friends its attractions. Have you ever considered joining the Friends' group and contributing to the maintenance and preservation of this local treasure?

The Friends' group undertakes a variety of activities within the National Park, Kellidie Conservation Park, Wanilla Conservation Park and Wanilla Reserve. Seed collecting, track maintenance, tube stock growing and revegetation. And of course there is always the problem of invasive weeds and the removal of litter and debris, particularly from the beaches, which is mostly washed in by ocean currents and weather events.

The present office holders are ready to retire after many years of volunteer work. All positions will be vacant in 2021 so we are putting out a call for new enthusiasm from the Coffin Bay area to continue this vital community service. We work closely with DEW and a new Ranger will be appointed in 2021 so it is a good time for new dynamism and vitality. How about it?

Please contact any of the current office holders and join us at our AGM on February 8<sup>th</sup> February at 7pm at the Community Hall.

*Volunteers working with DEW in conserving and managing our national parks*





## Make Your Trip Safe Memorable & Enjoyable

Being owner operators we put a lot of effort into the care of our guests and we have many inclusions that you will not find elsewhere, some premium experiences and most meals and all entries, tours and shows are included in the tour price. Fully hosted.

## UPCOMING TOURS

### MURRAY PRINCESS CRUISE

NOVEMBER 9 - 14TH 2020

**\$2150pp**

*5 nights - relaxing and fun and overnight  
John Pirie Motor Inn*

### KANGAROO ISLAND

NOVEMBER 25TH - DECEMBER 1ST 2020

**\$1649pp ex Adelaide**

**\$1799pp ex Eyre Peninsula**

*Lots of great places on the Island that we visit!*

### THE NORFOLK ISLAND TOUR

FEBRUARY 14TH - 22ND 2021

**\$2995pp ex Adelaide**

*Plus airfares to Norfolk Island*

### ELVIS FESTIVAL PARKES

MARCH 2021

**\$2299pp**

*Fun for all*

### MELBOURNE FLOWER SHOW & SOVEREIGN HILL

MARCH 24TH - 30TH 2021

**\$1895 ex Adelaide**

**\$1995 ex Eyre Peninsula**

### TASMANIA 13 NIGHTS

APRIL 11 - 24TH 2021

**\$4150pp**

*Fantastic tour*

### VICTORIAN HIGH COUNTRY

APRIL 28TH - MAY 6TH 2021

**\$2055 ex Adel**

**\$2285 ex Eyre Peninsula**

### CAMERON'S CNR & LONGREACH

MAY 18TH - JUNE 2ND 2021

**\$5950**

*Epic Tour*

### LIGHTNING RIDGE

JUNE 10 - 18TH 2021

**\$2765 departs Eyre Peninsula**

**\$2640 departs Adelaide**

### WEST COAST WA & CENTRAL AUST

JUNE 30TH - AUGUST 3RD 2021

**\$12,975 ex Pt Lincoln**

**\$13,365 ex Adelaide**

*36 days inc Perth and The Kimberleys, Alice Springs and everything in between*

### WHALES HEAD OF BIGHT

AUGUST 20 - 23RD 2021

**\$1575 ex Adelaide inc return**

*Adelaide - Port Lincoln Flights or*

**\$1190 ex Pt Lincoln**

### CANBERRA FLORIADE & HIGHLIGHTS

SEPTEMBER 15 - 23RD 2021

**\$1999**

*Popular - 8 Nights*

### NEW ZEALAND BOTH ISLANDS

OCTOBER 2021

**\$6540 Plus flights**

*12 nights*

### CANADA, ALASKA OVERNIGHT BRISBANE

AUGUST 13TH - SEPTEMBER 3RD 2022

**\$14,999 ex Adelaide**



For Itineraries and Bookings

**Phone Kim 0417 165 414 or 08 8685 4140**

email: [kim@epbuscharters.com.au](mailto:kim@epbuscharters.com.au)

**[www.epbuscharters.com.au](http://www.epbuscharters.com.au)**

# What's On Around Coffin Bay

November 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>30</b> Coffin Bay Play Group 10-12pm in the Coffin Bay Hall						<b>1</b> Cummins Recyclers 10-1pm, 6-8 Lawrie St
<b>2</b> Coffin Bay Play Group 10-12pm in the Coffin Bay Hall	<b>3</b> Pilates 9:30am, Town Hall Coffin Bay Library 10-12pm Ladies Golf, names in by 12pm	<b>4</b>	<b>5</b>	<b>6</b> Cea-side Stitchers 9-12pm, Coffins Sporting Complex	<b>7</b> Coffin Bay Library 10-12pm	<b>8</b> Coffin Bay Markets 10am – 2:30pm
<b>9</b> Coffin Bay Play Group 10-12pm in the Coffin Bay Hall CFS Meeting at CFS Station 6pm	<b>10</b> Pilates 9:30am, Town Hall Coffin Bay Library 10-12pm Coffin Bay Progress Association Meeting 7:30PM Coffin Bay Hall	<b>11</b>	<b>12</b>	<b>13</b> Cea-side Stitchers 9-12pm, Coffins Sporting Complex	<b>14</b> Coffin Bay Library 10-12pm	<b>15</b>
<b>16</b> 'Catch up in Coffin Bay' 1-3pm at the Hall Coffin Bay Play Group 10-12pm in the Coffin Bay Hall	<b>17</b> Pilates 9:30am, Town Hall Coffin Bay Library 10-12pm Ladies Golf, names in by 12pm	<b>18</b>	<b>19</b>	<b>20</b> Cea-side Stitchers 9-12pm, Coffins Sporting Complex	<b>21</b> Coffin Bay Library 10-12pm	<b>22</b> Cummins Recyclers 10-1pm, 6-8 Lawrie St
<b>23</b> Coffin Bay Play Group 10-12pm in the Coffin Bay Hall	<b>24</b> Pilates 9:30am, Town Hall Coffin Bay Library 10-12pm Coffin Bay Sun Submission Deadline Ladies Golf, names in by 12pm	<b>25</b>	<b>26</b>	<b>27</b> Cea-side Stitchers 9-12pm, Coffins Sporting Complex	Coffin Bay Library 10-12pm <b>28</b>	<b>29</b>

## Breakfast until 11am

### Beachy Works

Bacon , 2 Eggs (poached, fried or scrambled),  
sausage, tomato, sautéed mushrooms and  
baked beans on toasted muffin **\$20**

### Bacon and Eggs

Bacon and 2 Eggs (poached, fried or scrambled) on  
toasted muffin **\$14**

### Eggs Benedict

2 poached eggs with baby spinach and hollandaise  
sauce on toasted muffin **\$13**  
with ham, bacon or smoked salmon **\$18**

	Bacon & Egg	Ham & Cheese
Sandwich	\$7.50	\$6.30
English muffin	\$8.50	\$7.30
Croissant	\$9.00	\$8.00

### Pancakes

2 fluffy pancakes with ice-cream and fruit  
drizzled with maple syrup **\$12**

### Avo Smash

Smashed avocado with fetta, chilli flakes, lemon  
and mint on toasted muffin **\$13**

### Muesli

Crunchy muesli with yoghurt, milk and berries **\$11**

**Cinnamon Fruit Toast \$5**

### Extras

Egg	\$2.50	Chorizo	\$4	Mushrooms	\$3
Sausage	\$3	Bacon	\$5	Tomato	\$3
Wilted spinach	\$3			Hash brown	\$2
Smoked Salmon	\$5				
Gluten free bread	\$1.50				



## What else is at Beachcomber?

Fresh sandwiches, rolls and wraps made to order

House-made cake and sweets

Coffee from early morning

Milkshakes and ice-creams

Fuel, ice, fishing bait and tackle

Groceries

Souvenirs

And much more!



**Licensed café and store**

**113 Esplanade**

**Coffin Bay**

**(Next to the caravan park)**

**Phone orders welcome**

**86854057**

**Kitchen open all day**

**Dine inside or alfresco  
or takeaway**

**Pets welcome**

# All Day Menu

**Fish and Chips** One fillet (battered, crumbed or grilled (GF) with chips, tartare and lemon

**Whiting** (local) **\$14**

**Ocean Jacket** (local) **\$11**

**Butterfish** **\$11**

**Lemon Pepper Squid** (GF) with chips, tartare and lemon **\$13**

**Fisherman's Platter for two** 4 fresh prawns, 4 pieces of lemon pepper squid, 2 battered fish fillets, 4 crumbed ocean jacket cheeks, 4 natural oysters and chips **\$50**

**Kid's Fish Pack** **\$9**

**Fish Wrap** Battered or grilled fish fillet, lettuce, red onion, tomato and tartare **\$14**

**Chicken Wrap** Grilled Chicken breast, bacon, red onion, mixed lettuce, parmesan and mayo **\$13**

**Yiros** Chicken or lamb with lettuce, tomato, red onion and tzatziki **\$10**

**Plain Hot Dog** with sauce **\$5.50**

**Calypso Hotdog** with bacon, cheese and sauce **\$8**

**Add side salad** **\$4**

**Add side of chips** **\$3**

**Bucket of Prawns** Local Spencer Gulf prawns with cocktail sauce and lemon **6 for \$12**  
wedges **12 for \$22**

**Beachy Salad** Lettuce, tomato, cucumber, olives, red onion and fetta **\$12**  
add beef, lamb, or chicken **\$16**  
add salmon **\$17**

**Beachy Burger** Seasoned beef pattie, bacon, egg, cheese, onion, tomato, lettuce and tomato sauce **\$13**

**Plain Burger** Seasoned beef pattie, lettuce and tomato sauce **\$9**

**Marble Range Burger** Grilled chicken breast, avocado, sun-dried tomato, fetta, red onion, baby spinach and mayo **\$13**

**Gunyah Burger** Battered fish, lettuce, tomato, red onion and tartare sauce **\$12**

**Veggie Burger** Veg pattie, lettuce, tomato, beetroot and mayo **\$9**

**Steak Sandwich with the lot** Grilled topside steak, bacon, egg, cheese, onion, tomato, lettuce and tomato sauce **\$13**

**Steak Sandwich plain** Grilled topside steak, lettuce and tomato sauce **\$9**

**Gluten free bread** **\$1.50**

**Add pineapple** **70c**

**Add beetroot** **70c**

**Fresh Coffin Bay Oysters** **6/12**

**Natural** with lemon (GF) **\$14/22**

**Japanese** with pickled ginger, soy sauce, wasabi and sesame seeds **\$16/25**

**Thai** with chilli, lime and fish sauce dressing **\$16/25**

**Kilpatrick** cooked with bacon and house made sauce (GF) **\$18/28**

**Closed** takeaway only **\$10/18**

**Hot Chips** (GF) Cup **\$4**  
Small **\$6**  
Medium **\$7.50**  
Large **\$9**

**Chips & Gravy** Small **\$8**  
Large **\$10**

**Sweet potato wedges with sweet chilli and sour cream** (GF) Small **\$10**  
Large **\$12**

**Chicken Nuggets** Each **\$0.60**  
6 with chips **\$6**

**Chiko Rolls** **\$4**

**Potato Cakes** **\$1.50**

**Tub of Gravy** **\$4**