



ELLISTON

ECHO

October 2009

www.elliston.com.au

HAIL STORM

Photos are on display in the Elliston Community Hall of the freak storm event and some of the damage it caused.

Community members are invited to bring in and add their photos to the display.

You can see photos on our website and the ABC website

www.abc.net.au/local/photos/2009/09/25/2697060.htm



The Trojan War

The students at the Elliston Area School gave an extraordinary performance in the Community Hall on Thursday 17th of September, their take on the Trojan War. The actors did a great job and if you happened to be one of the lucky ones that watched it you would have been thoroughly entertained.

Well done to Tracy Kenny, her students and her band of helpers, the props looked terrific and it was obvious that the students performing the play were enjoying themselves as much as the audience watching their efforts. Well Done!



Bargain Book Sale



No book over \$2

Until end of October

in the Elliston Community Hall

All Proceeds to Community Library

Elliston Area School

29th Annual



Saturday 31st October

3.00pm to midnight

Elliston Sports Complex and Hall

Garage Sale



Elliston Community Hall

From 12th October

Renovation discards—internal doors, fans, lights etc
Excess computer equipment—keyboards, mouse(s), etc. Bulky donated items, eg; directors chairs, pushers, lounge, dividers

All proceeds to:

Community Hall Renovations Stage 2—Kitchen

Thought for the month

A smile is a curve that sets
a lot of
things straight.

BIRD WATCHING by IJ Penna

Crimson Chats have turned up in our District.

A small reddish crimson bird, the female not as colourful. It occurs in flocks and only about 12cms. in size, worth looking out for. Show the kids - use the binoculars and maybe you could get good photos.

Our records have noted chats from the inland in 1989 and 1995.

Ponding fresh water pools are attractions for visitors - we hope they survived the lumps from Heaven, but the *Great Cormorant* or *Black Shag* has been seen at these pools; also *Greenshanks* that may have even come from Scotland.

The *Yellow Tailed Black Cockatoo* are due to migrate south on October 15th - our most endangered bird on Eyre Peninsula.



ELLISTON HEALTH CENTRE



Dates for October

Friday 16th - Rural Women's GP
Tuesday 27th - Podiatrist
- OT
- Diabetes Nurse
- Precision Hearing
Every Thursday - Community Care Counsellor
Every Friday - Tai Chi
Wednesdays - Mid Wife
Please Note - Dr Jags Trivedy will be conducting **H1N1 vaccinations** every **Tuesday** and **Friday** for the month of October between the hours of **2pm—3pm**

Bone Density Van 2009

Pt Lincoln 19th Oct. -6th Nov.

Ceduna 9th Nov.-13th Nov.

MWH is able to provide group transport to Pt Lincoln.

If interested please leave your details at Elliston Health Centre.

A Drs referral is required for this service.

For further details/ information, contact Janeece Archer, Community Nurse.

Ph 86879012

Or speak to your local GP.

Heart Foundation

Walking

**COME ALONG AND WALK WITH US
AND DO YOUR HEART A FAVOUR!**

When: TUESDAY 13TH OCT AT 9AM

Where: BEACH FRONT BBQ AREA

Information packs available at
Elliston Health Centre or contact

Jess Duncan: Heart Foundation Nurse Ambassador
Mob 0428 576 670

Janeece Archer: Community Nurse Ph 8687 9012

The Heart Foundation recommends at least 30
minutes of physical activity on most days.

Benefits of walking.

- Reduces risk of heart disease and stroke.
- Helps manage weight, blood pressure, cholesterol, and diabetes
- Improves self-esteem and mental health.

Elliston Community Library News



The Library has purchased these for your enjoyment.

- **A Friend like Henry**—True story of a boy with autism and how a dog helped unlock his world
- **True Grit & Dry Wit**—Extraordinary stories of ordinary Australians
- **Back from the Brink** by Peter Andrews
- **Beyond the Brink** by Peter Andrews

The Elliston Echo is published on the first Wednesday of each month, if you have a community notice or some interesting news you would like to share with the community, please email, fax or drop into the centre by 2pm on that Wednesday.

Produced by the Elliston Community Information Centre