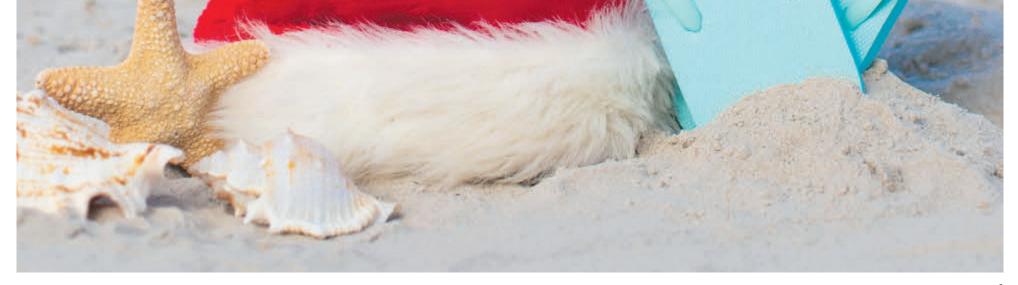
YOUR LOCAL

hristmas Guide



Your local / hristing Guide.

Kadina hub creates Christmas cheer

AS CHRISTMAS quickly approaches, Kadina Hub secretary Neil Sawley is asking the community to support local businesses.

Mr Sawley says the Christmas spirit is in full swing after Kadina's Christmas tree, organised with the help of Kadina Hub, was set up last week.

"Kadina Hub has all your Christmas needs covered," Mr Sawley says.

"There's a great range of shops to choose from – whether you're after electrical goods, clothing, gifts, furniture or jewellery, most of your needs can be met locally."

He emphasises the importance of shopping local during the festive season.

"It's a special time of year and a fantastic opportunity to support our local businesses," Mr Sawley says.

"It also allows businesses to showcase their products and keeps people in jobs.

"Supporting local businesses helps ensure we can employ the children of the future."

This year, as always, Kadina Hub is embracing the festive season with enthusiasm.

"You'll see a Christmas theme and plenty of festivities," Mr Sawley says.

"The banners are up, the big trees are up and the Christmas tree in the park is ready for the celebrations."

Kadina Hub is encouraging everyone to shop locally and support the community this Christmas.



CHRISTMAS SPIRIT... Paul Thomas from Kadina Hub and Copper Coast Council mayor Roslyn Talbot help put up the hub's Christmas tree.





KADINA CHAMBER OF COMMERCE



Support your town and shop locally this festive season

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Counting down to Christmas in Kadina

KADINA'S Christmas spirit is officially underway!

The town's Christmas tree is up, and preparations are in full swing for the annual Christmas in Kadina pageant on Monday evening, December 16.

Starting at 6.15pm on Graves Street, the parade will wind its way through Hallett and Taylor Streets, concluding in Victoria Square for carols at 7pm.

Christmas in Kadina chair Neil Sawley anticipates over 1000 attendees if the weather cooperates, highlighting the joy brought to children by the event and the strong community spirit it fosters.

"It's great that the community comes together to celebrate Christmas and the smiles on the kids' faces is what it makes it all worthwhile," Mr Sawley says.

"It's always wonderful to see the community come together for this.

"And we will get to see Santa come to town so the excitement in the kids' faces is just tremendous."

Along with the parade, families can enjoy food stalls, carols and a visit from Santa Claus.

Float entries close December 6. For details or to enter a float, email

christmasinkadina@gmail.com or visit the Christmas in Kadina Facebook page.







Monday, 16th to Friday, 20th December unless sold out

CHILDREN AGED 0-13 YEARS – MAPS \$5 Child must be present to receive gift Starts at Copy King, Taylor Street, Kadina – Follow the list of Kadina businesses

List your home on COPPER COAST CHRISTMAS LIGHTS Facebook page

and the second

1st prize \$100 - 2nd prize \$60

Winners announced Monday, 16th December at Carols in the Park. Kadina Light prize is for Kadina residents only.





Your local hristing Guide.

Ardrossan's big Christmasy week

ARDROSSAN is set for a big week leading up to Santa Claus's arrival, with three big events for the community to really get into the Christmas spirit.

Carols by the Sea will kick off the week of Christmas fun on Sunday, December 15, from 5.30pm.

Then, on December 16, up to 100 young people will have the chance to pick up a few extra presents this year by starting the exciting Santa Trail.

And, to finish it all off, the week will end with the main event, the Christmas Street Party and parade on December 20, from 6pm.

Ardrossan Progress Association coordinator Margie Gaisford says it is a significant week for the community, and the street party will be an entertaining night for all.

"Christmas is a very important time for families, and it can be a difficult time, but we would like to make it easier for parents and make it a special time of the year for them too," Ms Gaisford says.

"It's all about making life fun at Christmas time, and also giving everyone something fun to do in the holidays."

There will be a huge focus on low-

cost and free children's entertainment this year with activities for young people of all ages.

"We have the Santa Trail the week before, where you need to find the rocks. Whoever finds a little painted rock on the street and brings me it back will get a little gift," she says.

There will be 100 unique painted rocks, thanks to the juniors at Ardrossan Area School, hidden around the town and waiting to be found by those with a good eye.

The main parade, opening the street party, will also include a range of prizes for the best decorated floats, scooters and displays.

The after-parade party will host food and amusements to entertain all - even a rock climbing wall for those who are feeling a little adventurous.

And amusement packages will be available for those who want to keep going back for more.

"It's very important for our community because the Christmas Street Party is the start of Christmas for them," Ms Gaisford savs.

"There's always such a wonderful response, and it makes my day giving out the prizes to children."



ARDROSSAN CHRISTMAS... Heather Bellman, Margie Gaisford and Bianca Thurston cannot wait to share the exciting week of Christmas festivities with the community.



Moonta & District Progress Association

hristmas in 4/1aonta All events on Sunday, 15th December

• Markets at 4pm at Queens Square Pageant starts at 5.30pm Father Christmas arrives at the Moonta Oval at 6.30pm Children's entertainers The Drumming Monkeys on stage from 7pm Carols begin at 8pm

Food and drinks available - BYO chairs

Parade starts at 6pm PRIZES INCLUDE: Best decorated bike • Best decorated scooter/skateboard • Best decorated gopher • Best decorated float • Best dressed girl under 10 • Best dressed boy under 10

• Best dressed girl over 10 • Best dressed boy over 10 • Best shop window display • Best home Christmas lights

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Friday, 20th December - Music by "Stonie"

MUSIC: Two Bros Acoustic 1pm-4pm FOOD: Oh My Grill BBQ 12pm-4pm

> 7th Decem MUSIC: MAXXX 1pm-4pm FOOD: BBQ at Yours 12pm-4pm



MUSIC: Rob Elliot 1pm-4pm FOOD: BBQ at Yours 12pm-4pm

14th December MUSIC: Virjilla Joyce 1pm-4pm FOOD: Chunky Boys Kitchen 12pm-4pm

21st Dece MUSIC: JR Acoustic 1pm-4pm FOOD: Oh My Grill BBQ 12pm-4pm 24th December Christmas Eve closing

@ 5pm MUSIC: Karina Voigt 1pm-4pm FOOD: YP Wood Oven Pizzas 12pm-4pm

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A Curry Christmas

BEGIN the Christmas season on Yorke Peninsula with a massive night of festivities and lights at Curramulka Light Up.

To be held on Saturday, December 7, the Light Up will begin at 6.30pm with a parade down Main Street, which will lead attendees to the main event on the Curramulka Community Club Oval.

Event organiser Sarah Harris says they expect more than the usual 500 people and are honoured to be able to kick Christmas off on YP.

Every year, the club tries to provide something new and exciting for the community, but this year they have outdone themselves, managing to bring in YP's very own mini Polar Express for young passengers to ride.

Once passengers have departed the train, they can get their groove on and make their way to the bubble machine disco next to a live band, take a pony ride or even get their face painted.

Curry Light Up has the adults covered too, with food and markets stalls galore, as well as bar facilities.

The event is also a major fundraiser for the CCC, with all proceeds going back into the club so it can continue to be a vital part of the Curramulka sporting and youth communities.

For more information and updates, visit Curramulka Community and Events on Facebook and Instagram.



CURRAMULKA LIGHT UP... Event organiser Sarah Harris, with Emily Leong, Belynda Redding and Lexi Leong, cannot wait to see you at the Curramulka Light Up this year.





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DEC 7

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> STREET PARADE - 6.30PM FROM HOTEL CORNER

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All the fun of the festive season in Moonta

MOONTA is getting ready for its annual Christmas pageant and festivities, including the Christmas market, entertainment and a visit from the grand old man himself, Santa Claus, all on Sunday, December 15.

The fun will start at 4pm with a Christmas market, which this year will be held at Queen Square.

Organiser Rebecca Roberts said the market would be open until 8pm and offer a range of food and drinks, including a sausage sizzle, burgers, yiros, meatball subs, donuts and ice cream.

"We will have free face painting and a wide range of quality items for Christmas gifts, including handmade items such as gourmet treats, toys and children's clothing."

This year, there will be at least 35 floats in the pageant, including old favourites the pirate ship, the Christmas angels, a fairy castle, a rocking horse, plus entries from community groups, and of course, Santa Claus will travel from the North Pole to Moonta in his sleigh pulled by reindeer.

All the events are being hosted by Moonta and District Progress Association, as it has for many years.

MDPA representative Trevor Bowden said more floats were welcome to join.

The pageant will kick off at 5.30pm from the marshalling area on Military Road, then travel along Blanche Terrace, down George Street to William Street then conclude at the Moonta Oval, where there will be free entertainment, and food and drinks will be available.

Santa will arrive at the oval at 6.30pm to greet the children, hand out gifts and be available for photo opportunities.

The fun will continue with a performance by children's entertainers, the Amazing Drumming Monkeys, at 7pm.

Carols by Candlelight will start at 8pm, featuring local artists, students from Moonta Area School and Harvest Christian College (Kadina), and the Kadina Wallaroo Moonta Band.

The young and young at heart will have another chance to meet Santa Claus in his cave in the Moonta Town Hall supper room on Henry Street, starting on Monday, December 16. The cave will be open from 10am to noon every day (except Sunday) until Tuesday, December 24.

Trevor said progress association members enjoyed putting on the annual festivities.

"We get quite a buzz out of people enjoying themselves," Trevor said.

"It's free entertainment – it doesn't cost families anything to see the pageant or for entry to the market or the oval, and the candles and programs for Carols by Candlelight are free too.

"People can also visit Santa in his cave for free and take their own photos."

To register a float in the pageant, contact Trevor Bowden on 0419 826 852.



PARADE STAR... Santa Claus is always the star of the show in the Moonta Christmas Pageant.





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CATALOGIIF

Your local / hristing Guide.

Time to put your tree up

YORKETOWN residents are about to have an extra special Christmas with the amalgamation of two beloved annual events, the Christmas Tree Festival and a special visit from Santa Claus.

The celebrations will take place at the Yorketown Town Hall over two exciting days, Thursday and Friday, December 5 and 6.

All attendees need to bring to join the Christmas fun is a gold coin donation.

Yorketown Progress Association president Suzie Harvey says the idea to combine the events is a natural fit, and it is especially exciting to get Santa back in Yorketown after Covid-19 restrictions stopped him from making this extra visit each year.

"This year we are actually offering a little bit more; we're also offering some activities for kids while they wait and see Santa," Ms Harvey says.

Santa must get back to the North Pole, so Yorketown's mini Magic Cave experience will only be for a short period on Thursday from 3pm to 5.30pm, with exciting Christmas craft activities and a range of sweet treats to eat.

Each child will also receive a present from Santa, to ensure everyone is able to get a gift during the cost-of-living-crisis, which is affecting many families throughout the community.

"Unfortunately, we don't actually know who those people who are really struggling are, otherwise we could possibly help a little more, but I feel as the progress association we have to give back to the community," Suzie says.

"And we have to look for all ages; we can't just focus on the children, we have to cater for all the needs of the community itself."

The rest of the community will be able to enjoy the festive atmosphere for much longer than in previous years as festivities will be spread over the two days, and they will even be able to take part in the prestigious tree-decorating competition.

Ms Harvey says the competition will be tight because people take it very seriously and put their all into creating Christmassy masterpieces for the rest of the community to enjoy.

"Some of the displays are amazing; it's businesses and families, anyone can put on a display," she says.

"I take my hat off to them because they take the time and they want to be involved with the festivities and the Christmas spirit for the community.

"Thank you to the businesses and the community who support us not just for this event, but also other smaller events that we hold throughout the year because it puts the fire in our belly to give more."

For more information, visit the Yorketown Progress Association Facebook page or contact Suzie Harvey on 0408 493 183.



TREE TIME... Suzie Harvey puts the finishing touches on her tree before Yorketown's annual Christmas Tree Festival.





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A SPECIAL VISITOR IS ARRIVING THURSDAY, 5TH DECEMBER, 3PM-5.30PM

Your local / hristing S Guide.

Can you find all the elves before **Christmas?**



CHEEKY ELF... Carlene McMahon and Cheryl Carmichael keep some naughty elves in check before the elves' mischievous antics take over Minlaton.

MINLATON is calling out for help because a group of naughty elves has escaped from Santa's Workshop and causing chaos all around the town.

From now until the Christmas Eve Street Parade on December 24, Minlaton will be overrun with these mischievous elves who all need to be accounted for and sent straight back to the North Pole before Christmas Day.

Minlaton District Business Group chair Cheryl Carmichael says she will be handing out a very handsome reward at the Christmas parade, which has been generously donated by the affected businesses, to those who manage to track down the most elves and report their whereabouts back to her.

Though these elves have tried to disrupt this year's Christmas celebrations, Ms Carmichael says they have not succeeded because the MDBG is all ready for a massive Christmas Eve.

With harvest almost over and past residents returning home, Minlaton is expecting an even bigger crowd than normal at this year's parade.

"All the local people coming home for Christmas, they always make sure they're home for the Christmas Parade on Christmas Eve," Ms Carmichael says.

"And then, when it's all finished, they make their way over to the hotel – it's a good meeting place for everyone."

The parade is a great opportunity to see Minlaton's unique character, but with a Christmas twist.

Main Street will be closed for festively decorated farm machinery, cars, scooters and bikes.

Adding to the festive atmosphere, homes and businesses will be decked out with lights and displays.

There will be plenty of prizes for those participating in the parade and light display competitions, and spectators will also have the chance to take something home with a range of prizes waiting to be won in the free Christmas raffle.



FIND THEM ALL... Keep your eyes peeled around Minlaton for naughty elves causing trouble, and don't forget to report back on their whereabouts to win.

"Leading up to the event there will be raffle tickets inside the shops," Ms Carmichael says.

"And you just write your name when you purchase something and it will be drawn on Christmas Eve.

"It's all about shopping local and supporting locals."

For more information, visit the Minlaton District Business Group Facebook page.



Your local / hristing Guide.

Presence can be the best present this Christmas

Warning: This article contains references to suicide. If you need help, contact Beyond Blue (1300 22 4636) or Lifeline (13 11 14).

Rachel Hagan

PRACTISING self-care and letting go of perfection should be some of the items at the top of everyone's Christmas list, according to Yorke Peninsula Suicide prevention group SOS Yorkes.

For some people, Christmas can be one of the worst times of the year, and this year will likely be an even tougher one for those struggling because of the added high cost-ofliving pressures.

SOS Yorkes chair Ann Clothier says, even though Christmas and New Year celebrations can feel heavy and overwhelming, no one needs to face those feelings alone.

"Your mental health is important. Take breaks when you need them – whether that's stepping outside during gatherings, finding a quiet spot to rest, or taking time for yourself at home," Ms Clothier says.

"Listen to your emotions without judgement and acknowledge how you're feeling.

"Small, comforting actions, such as listening to music, journaling, or simply sitting in a peaceful space, can help bring moments of calm."

Rates of suicide fluctuate during the year, but one study from Australasian Psychiatry says special attention is needed for those struggling with mental health at the beginning and the end of the festive season.

The study found a statistically significant increase in suicides on Christmas Eve and on New Year's Day.

Ms Clothier says giving yourself permission to slow down and not force yourself to live up to others' expectations is something to be very mindful of.

"Let go of the idea of the perfect Christmas and focus on what feels manageable and realistic for you," she says.

"Set boundaries where you need to, and remind yourself it's okay to say no.

"Taking care of your emotional wellbeing is more important than trying to meet societal or family pressures."

For those who are lonely, Ms Clothier says connecting with others in small ways is important and finding a connection can be as simple as messaging a friend or joining a local community group.

"Focus on surviving and honouring the little things: getting out of bed, eating a meal, or reaching out for support" she says.

"Give yourself grace and acknowledge the strength it takes to keep going."

SOS Yorkes committee member and Mental Health Partners clinical director Deb Gleeson says it is important to really listen to people at this time of year, especially the friends and family you only see during the holiday period.

"They may take this opportunity to discuss things they wouldn't talk to someone else about," Ms Gleeson says.

"I think we can all remember being 'caught' in one of these discussions – the feeling of being trapped comes because we don't know what to say."

Ms Gleeson says, during these conversations, the person speaking to you often does not expect you to fix it, and instead they just want someone to listen.

"Listening is one of the greatest gifts we can give to someone at this time of year," she says.

"Be interested, give them your full attention... when they stop talking don't try to fix whatever they have been telling you.

"Ask them, 'What are you going to do?' – most people know the answer to their issues, they just need to tell someone."

For more local resources, visit SOS Yorkes: www.facebook.com/sosyorkes/ and stay tuned for upcoming mental health first aid workshops in the new year. OVERWHELMING HOLIDAYS... SOS Yorkes chair Ann Clothier wants the community to remember Christmas is a tough time for a lot of people, and to make sure we are considerate of everyone during the festive period.



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TUES 24TH	
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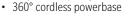
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