

# Coast Lines

FREE

*Your Goolwa - Victor Harbor community monthly magazine reaching Kangaroo Island and the Fleurieu*

April, 2013 Vol. 2, No. 12

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## 'Hindmarsh Island to Anzac march. Over.'



Bi-planes and old army jeeps descended upon Hindmarsh Island last week as part of a gathering of South Australia's Anzac Day commemoration committee, and among those who will do a special fly-past over King William Street in the city will be Steve Johnson, of Hindmarsh Island, pictured with his original RAF Tiger Moth. And now Goolwa and Hindmarsh Island is about to play an even bigger role. **FULL STORY: P2**

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# Operation Hindmarsh Island

Organisations that continuously strive to honour those who have served, including the dear fallen, gathered in a privately-owned hangar on Hindmarsh Island last Sunday week to plot their greatest tribute ever. There were representatives from the RSL (SA branch) including state deputy chairman, Brigadier Tim Hanna, Bill Denny, who is chair of the Anzac Day committee, the Military Vehicle Preservation Society (MVPS), Royal Australian Corps Transport Association (RACT), and Army Reserves.

Also present were owner/pilots of classic Tiger Moth bi-planes who will do a fly over the Anzac Day parade in King Williams Street, Adelaide, on April 25, including Barry Hills, who hosted this special gathering. Another local bi-plane owner/pilot Steve Johnson was there too, and equally proud among this flying group were Mike Hannell and others. Adding to the historic military transport were some magnificent war-time jeeps, and those who had meticulously restored or cared for them.

Part of their mission this day was to continue their admirable effort by organising another fly-past of old World War II aircraft and assemble even more old military vehicles to carry the veterans through the streets of Adelaide.

The meeting was also organised to plan our commemoration of the 2015 centenary of the beginning of World War 1, plus a special convoy by the RACT, which will celebrate its 40th anniversary on June 13-14, from Adelaide to Port Lincoln and another fly-past by the Tiger Moths. Overall, the celebrations have a very strong Goolwa or Hindmarsh Island link. Bill Denny, who is chair of the Anzac Day committee and patron of the MVPS and RACT, said the Hindmarsh Island connection was formed three years ago when the Anzac Day committee had problems with the RAAF providing air support for the march in the city. "I have a place down here and I noticed Barry



Representatives of various organisations and owners of private old war planes and military vehicles who met at Hindmarsh Island on Sunday, March 24, to map plans to honour our returned service people, including during the Anzac Day march.

flying every weekend," Bill said. "Before long he started gathering his mates to do a fly-past on Anzac Day using local old military aircraft. They timed themselves to fly past the saluting dais just as the RAAF passed the Governor, which is timely fashion indeed. The pilots leading that group may have learnt in the very aircraft above them.

"We have done that for three years, and we met today to also talk about how we could do something even more special for the centenary commemoration.

"The Military Vehicle Preservation Society people also support Anzac Day by providing vehicles for the older fellows, particularly World War II men and women who are unable march, but can be carried in an old army

vehicle. In the old days they used to be in white Veterans Affairs Department cars, which was effective but not with much character. The old fellows love it because they can get into a jeep. They may be looked after in old artillery vehicles that are now privately owned, with some here in Goolwa. That's fantastic."

Tim Hanna said the cooperation between the RSL and all of the relevant groups was outstanding. "This meeting was very much in the spirit of Anzac Day," he said.

**The local RSL clubs will organise their own commemorative Anzac Day events, including dawn services on April 25. Contacts: Goolwa sub-branch Paul Menner 0400 363 153; Victor Harbor sub-branch – David Miller 0411 110 595.**

**WARNING:** Seriously irresistible cakes in this shop. Don't look at the tarts, specialty pies, scones, freshly-made birthday cakes, and much more – made on site. Open weak days.

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# Welcome to our new website:

## www.coastlines.com.au

We're back online... let's go. You may now read your *Coast Lines* magazine on our website: [www.coastlines.com.au](http://www.coastlines.com.au). It's a much brighter and cleaner presentation with lots of new features that we hope you will enjoy.

And while *Coast Lines* the printed version is monthly, we will be updating our website almost daily with community news and events. We're also inviting you to send us material for consideration to upload. This is your magazine; your website. It's about delivering the latest positive news, feel-good stories, events and heaps of other key information.

We apologise for not having our previous website up-and-running over the past few months, and especially for not providing the automatic email service where *Coast Lines* is delivered electronically.

We are pleased to announce we engaged Drew, of Nile Street, a locally-based multimedia business, to develop our new website: [www.nilestreet.com.au](http://www.nilestreet.com.au). Our new website has a section *Explore* – and you can do just that. It takes you to a comprehensive list of great places to eat or have a coffee throughout the southern Fleurieu and Kangaroo Island. It's a free listing for these businesses – our aim is to give something to the wider community. *Explore* also provides you with an updated list of movie sessions at VICTA Cinemas, a selection of recipes from our Eat Wave columns since we first started, and things to do.

*Explore* is about inviting people, especially visitors, to enjoy the great things the southern Fleurieu and KI has to offer. This

section will be enhanced virtually daily. We have been deeply encouraged by the response of readers of *Coast Lines*, and we have always tried to give the community a sense of ownership of the magazine. We have heard the feedback that it has been difficult picking up copies because they go so quickly, hence our need to provide a far better service online.

You will now be able to read *Coast Lines* in a clear PDF format. You may also be guaranteed of a copy by registering your email address – strict spam laws apply; we guarantee that your information will not be released to anyone else, nor will it be used as a means of other unwanted advertising. It is an automated system.

Regrettably, our previous online provider has refused to release the email addresses that we were sending online copies, and these readers will need to register again. We apologise for the inconvenience.

To have a copy of *Coast Lines* delivered online – it's free – please go to the top right hand corner of our web page. There is a download button for past issues, and a subscribe button. Click to subscribe, and provide your details.

We are excited by our new website, and cannot thank Drew at Nile Street media enough. We now invite you to join us on this new part of our journey. It will take *Coast Lines* further than before, and present our community in the best possible light. Please enjoy.

– Ashley & Jenny Porter  
Publishers

## Please consider...

In our March edition we presented a story on Cory Hennessy, who had a successful double lung transplant as part of his huge battle with cystic fibrosis.

We encouraged people to consider consenting to donating organs to help save the life of others. After our story appeared, it was brought to our attention that simply signing a statement on your driver's licence agreeing to organ donation is not enough... you need to actually register online.

For more information, please visit: [www.transplant.org.au](http://www.transplant.org.au)



## Let's go Grazing...

The southern Fleurieu region has some great restaurants/hotels/cafes to grab a bite to eat and drink – we call it grazing – so we've launched a new series. *Grazing* is about telling you our food-tasting experience and leaving it up to you. Enjoy. Our new column starts P19.

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### April 3-23

Murrundi Ruwe Pangari Ringbalin (River Country Spirit ceremony). Photographic documentary following corroborees performed by the Ngarrindjeri and Kooma people as they travelled the length of the Murray and Darling rivers on a quest to dance spirit, and life back into the river system, and the people who live along it. This documentation takes the form of photographs and sound recordings. Wednesday-Friday 11am-4pm, Saturday-Sunday 10am-4pm at Signal Point Gallery, Goolwa Wharf.

### April 3-7

Goolwa Art and Photographic Exhibition, Goolwa. View paintings and photographs from local artists. This exhibition incorporates the Alexandrina Art Prize, total prizes \$13,500. Contact 0418 275 376. Open 7 days 11am-4pm. Signal Point Gallery, Goolwa Wharf.

### April 7-May 26

Rita Hall and Peter Millar Exhibitions at South Coast Regional Art Centre, Goolwa Terrace, Goolwa. Rita offers a selection of works on paper from her studio, including never before shown prints. Peter Millar occupies the courtyard with Masquerade, exquisite handmade ceramic masks. Wednesday-Friday 11am-4pm, Saturday-Sunday 10am-4pm. Free.

### April 12-21

Yankalilla and surrounding districts are set to turn on a fabulous 10-day event - the fifth biennial Leafy Sea Dragon Festival. There are heaps of art and cultural events, shows and exhibitions, and many of them are free. And it's a place and time to find some gourmet cooking and pick up some fabulous goods of all kinds. The event is very well organised and caters for just about everyone. It has become a huge event honouring SA's marine emblem, and the best way to become part of this festival is to map a series of events from a comprehensive guide visit: [www.lsdf.org.au](http://www.lsdf.org.au)

### April 13-14

The Goolwa Aquatic Club is presenting its spectacular Aquafest. Boats will zoom past at



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right to bare arms.

*Off to market we go..*

**Cape Jervis:** Second Sunday of the month from 9am-1pm.

**Goolwa:** First and third Sundays of the month at the wharf.

**Inman Valley:** First Saturday of month 9am-1pm.

**Port Elliot:** First and third Saturdays of the month at Lakala Reserve.

**Strathalbyn:** Third Sunday of the month at Lions Park, South Terrace.

**Victor Harbor:** Farmers' market every Saturday until 1pm.

**Yankalilla:** Third Saturday of the month from 9am.

200km/ph, and all the action is free both days. Features on the day will include 25hp / 550cc outboard racing class event, racing skiffs, historic ski boats and hydroplanes, formula tunnel boats, displacement race boats, and blown alcohol displacement raceboats.

Continued P5

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From P4

## April 13-15

The Inman Quilters group is celebrating its tenth birthday with its fourth biennial exhibition as part of the Leafy Sea Dragon Festival on Saturday April 13 from 10am-5pm; the Sunday 10am-4pm, and Monday 10am-2pm at the Inman Valley Memorial Hall. Admission \$3 (children free). Quilt raffle with proceeds to aid local charities. Enquiries: Glenda Trigg 8558 8180.

## April 17-19

The Sponge: Kids Arts Hub, Signal Point Gallery, Goolwa Wharf, Goolwa. Hang out at the Sponge and soak up the photographic exhibition, Murrundi Ruwe Pangari Ringbalin (River Country Spirit Ceremony), and create your own masterpieces while listening to stories about Ngarrindjeri people from 10:30am-noon; 1-2.30pm. Free entry. [www.visitalexandrina.com](http://www.visitalexandrina.com) or 8555 7289.

## Thursday, April 18

The Victor Harbor Football Club invites you to attend a dinner with the walking headline, Brownlow Medallist Jason Akermanis, at the Hotel Victor. Tickets, including fabulous meal, are just \$50. Book through the hotel 8552 1288 or contact Mark 0488 090 696.

## Saturday, April 20

Trash'n'Treasure, Clayton Bay Hall grounds, Alexandrina Drive, Clayton Bay from 9am-2pm. Morning tea and barbeque available. Site enquiries contact 0407 394 907.

## Sunday, April 21

There will be "cheesy grins" again at Alexandrina Cheese, Mt Jagged, when it again presents its third-Sunday-in-the-month show featuring the Ryebuck Sheilas (pictured), who perform some great folk music. Music starts at 1pm, and get ready for some guitar, mandolin and amazing voices. It's free, but bookings essential. Value-packed cheese platters available. Must book 8554 9666 or: [info@alexandrinacheese.com.au](mailto:info@alexandrinacheese.com.au)



The Ryebuck Sheilas (from left) Biddy Dennis, Annie Thornton and Jane Bower who perform the third Sunday or the month at Alexandrina Cheese, Mt Jagged.

## April 23-24

Mr McGee and the Biting Flee, Centenary Hall, Cadell Street, Goolwa. Whimsical stories by award-winning children's writer Pamela Allen are transformed into music and play. For children 3-8 years, 10am and 1pm both days. All tickets \$10. Goolwa Visitor Information Centre 1300 466 592.

## Friday, May 31

Investigator College senior drama group will perform the Caucasian Chalk Circle, a play by German modernist playwright Bertolt Brecht. An example of Brecht's epic theatre, the play is a parable about a peasant girl who rescues a baby and becomes a better mother than its natural parents. Bookings, details: 8551 0900.

**For community updates:**  
[www.coastlines.com.au](http://www.coastlines.com.au)

## Let's do something...

**Go for a walk...** explore the Heysen Trail from Waitpinga Beach to Parsons Beach – a crisp 8kms. The lesser hearted can walk 2.9km from the start of the causeway and around Granite Island.

Get on ya bike... if you haven't got one, hire one from Goolwa Jet Skis, Barrage Road, Goolwa. Ride to Middleton or Port Elliot, and if you're inclined to join the Lycra Club, go all the way to The Bluff (only 23km there). And then return the bike.

**Watch a movie...** see our guide to Victa Cinemas, or look up its website: [www.victacinemas.com.au](http://www.victacinemas.com.au)

**Entertain 'em...** it's school holidays from Saturday, April 13-Sunday, April 28. In Victor, "lose" them at Greenhills Adventure Park (8552 5999), Urimbirra Wildlife Park (8554 6554) or the Skate Board Park along Flinders Parade. The SA Whale Centre has holiday activity programs. For something different, go camping on Mundoo Island, a privately-owned cattle station on Hindmarsh Island (8555 2242).

Get ready... learn to surf. Visit [www.surfandsun.com.au](http://www.surfandsun.com.au) and get some lessons so you can impress next summer. Buying a wetsuit this time of the year is not a bad idea.

**Learn how to sail...** the Backwater Sailing School & Boat Hire at Foreshore Island View Dr, Clayton Bay has a great set-up. Get in a canoe, kayak or a row boat, sail or give other challenging water activities a go. You're never too old. [www.claytonbayescapes.com.au](http://www.claytonbayescapes.com.au)

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# Lakeside Goolwa

## update

Vol. 1, No.3 APRIL, 2013

### Stage 1 begins

The week after Easter marked the beginning of the civil works for Stage 1 of our development at Lakeside Goolwa.

Local firm South Coast Sand & Civil moved on-site on April 2 to begin cutting out the roads and creating some levels for the 30 or so sites as part of the first stage. These are exciting times for all at Lakeside Goolwa as it heralds the beginning of what promises to be a fantastic new lifestyle for our residents.

### Interest has rated highly

Interest to date in Lakeside Goolwa has been tremendous with more than 200 people viewing the show home with rave reviews. Our very first purchasers, Steve and Jan, dropped in the day before Easter and said they were very keen and excited about moving into their new home.

Steve & Jan have already sold their house and are off travelling while Stage 1 is being prepared and their new house built.

### Information days

Here at Lakeside Goolwa we have adopted a strategy of no pressure with our potential purchasers and have to date given everybody plenty of time to consider their options. However, with the deadline fast approaching for the Government Housing Construction Grant of \$8500 we are about to offer some information sessions in two handy locations, at Lakeside Goolwa and at our associates offices in Adelaide.

We will be contacting everyone who has shown interest and organise an appropriate time and day for them to attend. If you have yet to come and see us feel free to give us a call and book into one of the information sessions, or pop down and see us at Lakeside Goolwa.

### Expo coming up

The Adelaide Retirement and Lifestyle Expo at Wayville Showgrounds is fast approaching and Lakeside Goolwa will be there with our own stand. If you are planning to attend please come and see us for information on how moving to Lakeside Goolwa really does make

great financial sense.

### New signage

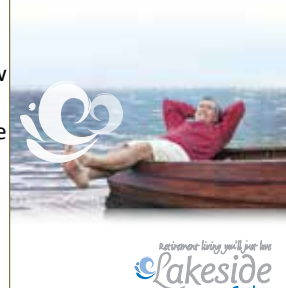
The fantastic new signage on the way into Lakeside Goolwa went up over Easter. This brings the entrance to life and is one of many changes happening down here over the next few months. Feel free to pop down and take a look 8.30am-5pm seven days a week.

### Work on Marina

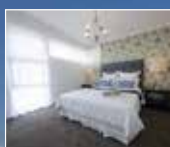
To tie in with the works being carried out on Stage 1 we are pleased to announce that we will also be making some initial improvements to the private marina here at Lakeside Goolwa. All residents will have unlimited access to their own boat ramp and private marina which leads out to the main part of the magnificent River Murray.

- Andy Ward, Lakeside Goolwa

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# We're doing well, thank you very mulch



It seems we are getting the green message. The Fleurieu Regional Waste Authority reports there has been an encouraging increase in the correct disposal of greenwaste in our organic bins and by trailer to the waste and recycling depots. The result is a huge conversion of this valuable recyclable product to mulch, and according to Angela, a FRWA project officer, the improvement is due to more education in regard to the environment and promotion of recycling of organic material through gardening shows and local media. "We have a catch phrase – 'if it grows-in it goes' – meaning all organic matter can go into the green bin," Angela said. "People are getting the message. "However, it is not just about the benefits going back to the community by keeping waste management costs to a minimum, but playing an important role in diverting organic material away from landfill and reducing the build-up

“

*We have a catch phrase – 'if it grows-in it goes' – meaning all organic matter can go into the green bin."*

– Fleurieu Regional Waste Authority project officer, Angela.

of methane gas.

"At the end of the process we are turning greenwaste into mulch, which is available for sale to the public, and is used to improve soil moisture retention, weed suppression and add to the aesthetics of the garden. Mulch will help to build up a sandy soil and reduce cracking in a heavy clay soil."

The mulch is processed according to Australian standards at the Goolwa Waste and Recycling Depot, and the stringent quality control process includes pasteurization of the organic material, killing off seeds and pathogens to produce a perfect supplement for the garden. There are various standards of mulch available – budget (\$15m³) which is a coarse loose material; standard mulch (\$27m³) which has been shredded; and premium mulch (\$35m³) which contains fine and coarse material that will break down into the soil more quickly. Mulches are for use on top of the soil. A weed mat can be put down first, and its best to avoid using plastic.

FRWA is a regional subsidiary of Alexandrina Council, City of Victor Harbor, District Council of Yankalilla and Kangaroo Island Council.

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Hindmarsh Island Landcare Group	\$200	Create & Connect	\$2000
The Friends of Oscar W	\$200	Goolwa Rotary Club (St Johns trailer)	\$2000
Goolwa Senior Citizens Association	\$370	Milang Community Centre	\$2300
Port Elliot Surf Lifesaving Club	\$250	Wildlife Welfare Organisation	\$2600
The Happiness Club Victor Harbor	\$250	Goolwa Children's Centre	\$2600
Investigator College	\$300	Mt Compass Scout Group	\$3569
1st Goolwa Sea Scouts	\$750	Chiton Rocks Surf Lifesaving Club	\$5000
Victor Harbor High School Volleyball Team	\$800	Milang to Goolwa Freshwater Classic	\$6000
Goolwa Aquatic Club	\$1300	SA Wooden Boat Festival	\$10,000
Goolwa Cricket Club	\$1500	Goolwa Netball Club	\$15,200
Community Living & Support Services	\$1500		

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# Looking at the Murray from the other side

We love the Murray, say the slogans, but investigations with the help of science suggest the eastern states have been right all along – we may be at fault for the river's demise.

According to some of the government's auto-telemetry beacons and subsequent hard-copy plots, the Murray water that flows under the bridge at Goolwa and in Lake Alexandrina is more often an ocean/freshwater mix (estuarine).

And perhaps sending up to 3200 gegalitres of water down the Murray may have little effect. Controversial, of course, but Ken Jury, a respected journalist in marine and aquatic ecology, believes we should consider looking at the issues from a different view based on scientific evidence.

Ken (pictured) is so passionate for the cause that he produced a 45-minute documentary "Muddied Waters" which took almost 12 months and \$300,000 to produce. It was screened on Seven Two last December, and will be shown at Signal Point, Goolwa, on Sunday, April 14 and Sunday, April 21, at 1pm. The documentary was produced with support from all basin states, and includes Professor Peter Gell from the University of Ballarat, local science educator Ian Rowen, Trevor Harden of Clayton, and other highly respected up-river experts and guests. Among the well-credentialed guests in the documentary is Professor John Briscoe, of Harvard University,



Massachusetts USA, a former Senior Water Advisor with the World Bank. Ken, 74, is perhaps best remembered for his 31 years in radio as specialist journalist – 23 years with 5DN, reporting for ABC891 and the past three years with the Fleurieu's 5efm radio through his show counterbalance – [www.counterbalanceradio.com](http://www.counterbalanceradio.com). He also wrote a weekly fishing column for The Advertiser for 12 years, presented on Seven television for five, and was a senior journalist for the former SA Department of Fisheries where he collected and presented scientific

data, and provided an advisory service for 12 years.

Upon moving to Goolwa in 2002, Ken continued researching data relating to the River Murray.

He believes the real issue is when the five barrages adjacent to the Murray Mouth are opened to expel excess freshwater. It is a necessary procedure to expel flood water, but he believes the answer, based on scientific data, includes the building a further lock between Wellington and Taillem Bend.

"This would capture 40 per cent of the average freshwater volume used below Wellington in an average year," Ken said. "That equates to 1800GLs/Yr only, to be stored above the lock to be drip fed into the lakes to mix with highly oxygenated southern ocean water to return the lower lakes back to being a highly responsive and rewarding estuarine system."

"The rewards are in the figures and they point to a minimal saving of 2700GL's of freshwater that would no longer be required in the lakes. No need for reducing diversions from food growers throughout the basin. No more arguments and a fair percentage of the savings for the upstream environment."

Ken is hoping that people will watch the documentary online – [www.muddiedWaters.com](http://www.muddiedWaters.com) – or attend one of the screenings in Goolwa so they may learn, question and form their own opinions.

## New photography and art show outstanding success

The inaugural Goolwa Art and Photographic Exhibition has been a huge success with 600 entries – far more than expected – being presented at Signal Point, Goolwa until Sunday. Richard Hodges, of Goolwa, won a \$1500 cheque for first prize with his image of local artist Rita Hall, while John Lacey, of Mount Compass, received \$5000 for winning the Alexandrina Art prize – which is acquisitive – for his entry *Tucked Away*.

The new competition was presented by the Rotary Club of Goolwa, and while it provided tremendous recognition for photographers and artists in the region the impact was felt much deeper during the presentation of awards. It was an opportunity for Goolwa Rotary president Roger Sheldon, and chairman of the exhibition, Don Richardson, to also promote the marvellous work of Rotary.

In particular, Roger spoke of the much-valued local projects that have supported numerous organisations or groups including St John's, Sailability, Goolwa Surf Lifesaving Club and bushfire appeals, and on a world scale, Rotary's amazing work to reduce 330,000 cases of polio across 125 countries in the 1980s to just a handful in 26 countries thanks to some amazing vision by a Queensland



Among the winners, major prize recipients Richard Hodges (left) and John Lacey.

Rotarian.

Overall, the club did a great job to provide \$13,500 in prizemoney for this new event, but the show was as much a reminder of the unselfish role Rotary and its members play as it was the projection of some very talented photographers and artists, and on that basis this exhibition was an amazing success. And the presentation would not have been the same without heartfelt words of appreciation and touches of wit by Mayor Kym McHugh.

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# Stepping in the right direction

**W**endy Crosby and Anthea Sibly are typical valued people on a club that seem to do, or have done, every job there is. They both joined the Port Elliot Netball Club 23 years ago and started on the committee together, and continue to coach and umpire. There are giant staffs in sport; once you're hooked, that seems to be it. Incredibly, Anthea's two daughters haven't played for 14 years, yet in the build-up to the new Great Southern Netball Association season starting on Saturday, April 13 she has been among the dedicated making everything happen.

There is also politics in sport. Bluntly, some other clubs wish this one would just go away. Since the end of the 2000 season when the Port Elliot Football Club amalgamated with Goolwa, the girls have been isolated. In an environment where clubs enjoy their football and netball teams following each other to the same venue, some remain angry when the footballers play at Willunga, which doesn't have a netball team, because it means the girls are sent to Port Elliot.

Wendy knows the PENC is seen as an inconvenience; opposition clubs resenting having their football and netball teams sent to different venues, but she points out that it happens just one Saturday for them, but for the PENC it is every week of the season. "It is unfair," Wendy said. "But we have had our football club taken away from us; through circumstances beyond us."

Welcome to the politics in sport; there seems to be issues that ruffle feathers no matter the code or level. However, while this beleaguered club will struggle to win a game in its return to A1, there is a much bigger picture that should make everyone at Port Elliot feel immensely proud.

It's more than just fielding two new teams this season, taking the numbers to four senior and nine junior teams across the board while other clubs have seen a reduction. This fulfills a responsibility to the game by creating more opportunities to play.

For some time now we have constantly read



stories about how the mums & dads or carers, indeed the participants themselves, don't help out in clubs "like they did in our day". For so long it has been about "me, me, me" and "I'll play if someone else organises everything". However, according to Wendy and Anthea, today's new generation of mums and dads are generally more willing to help their club than perhaps their parents ever were.

"Our biggest challenge over the years – and I don't think we are different to other clubs – has been responsibility," Wendy said. "We had a struggle where nobody wanted to score, nobody wanted to do canteen and nobody wanted to coach or umpire, but everyone wanted things to happen. That was sport; it was not uncommon. There was this generation that expected everything and did nothing. "But we have worked on that, and now we have a lot more players helping out with the little kids and quite enjoying it. It is improving.

"People are far more club minded now, and it is not as hard to find people to help. It seems that the new generation of parents get involved a lot more than perhaps their parents did, and the kids love it when they come along. You need to see the smiles on their faces.

"We may not be the world's best netballers – some of our teams will have a tough year – but they still smile. It's about enjoying netball." Anthea, who runs the club's Ready Net Go program for the five-six year-olds, plus coaches the nine, 10 and 13-year-olds in between working on the committee, has been involved in netball since she was six. "I do it all because I love netball," she said. "It's a fun sport and kids need help, and I think their parents are seeing that. It's about doing something in a healthy, family environment.

Continued P11

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From P10

"People are more open to helping than they were. It just feels different. I believe it is because volunteers have been better recognised, probably since the Sydney Olympics.

"Our association does a great job in trying to develop the game. I don't know what it would do if our club ceased to exist because we have nine junior teams, which is a lot of a kids, mostly from Hayborough, Port Elliot and Middleton. The other clubs are full. There would be nowhere for them to go, and you have got to ask yourself, what would these girls do on a Saturday if there was no netball? It's the same with all sports."

The spirit of the Port Elliot Netball Club was demonstrated in 2010 when, through hard work, earning grants, and the generous support of local businesses, it resurfaced its courts at a cost of nearly \$30,000. The A-grade side was getting thrashed every week, but the community again saw the bigger picture – creating that opportunity for kids to play netball.

Wendy can understand why others regard her club as a nuisance, but she hopes one day they will appreciate not having a football club in the town was not their doing.

"We're a tight-knit club," Wendy said. "It's not about the past but working on developing players for the future.

"Of course, it's been challenging for everyone ever since we lost the football, but we have moved on. We might also not have the best teams in every grade and the best players may not want to join us because the winners tend to attract winners, but here every player still loves their netball and that's what is really important.

"It can be tough when some of the better players don't want to come here because we are not strong enough, but then you ask the young ones we have if they will help fill a gap in the canteen roster and they'll say, 'yeah, I'll help out'.

"It makes you feel good about where we are trying to go with this club, and you stay on the committee, coach and umpire for another year."

**If you would like to play for the Port Elliot Netball Club, or assist in some way, contact Anthea on 8554 2243.**

Grant Levy (centre) after coaching his junior colts team to a win in a trial game at home.



## Playing the team game for tomorrow

When former Prime Minister Bob Hawke delivered his infamous gaff in 1987 that by 1990 no Australian child would be living in poverty, somehow the Victor Harbor Football Club thought he was referring to its players.

The Kangaroos opened their cheque books and bought players to win eight premierships from 1990-99, including Ross Gibbs, with his son Bryce, now a Carlton champion, causing havoc in the playground. It was an era when the dollar value dropped out of SA league football because of the emergence of the Crows, and fringe players were easily lured to country football.

A few weeks ago a gentleman approached a loyal Victor Harbor FC member in Ocean Street selling raffle tickets to win a new \$15,000 Mitsubishi Mirage with the help of the McIlroy Auto Group, and muttered something about the club trying to buy another flag. There was a smile, and man

moved on.

VHFC president Grant Levy, who played 285 games for the club, was part of those halcyon days of the 90s, and understands why people still see not only Victor Harbor, but almost every country football club as having a bottomless pit of money to buy players.

"Those days are long gone," Grant said, adding: "Forgotten from those days was the club also nurtured a lot of local kids who learned from the big-name recruits and became quality Great Southern Football League players."

Today the VHFC has a dream, and it wants to share it with the community. The \$5 the gentleman paid for the raffle ticket starts with immediate challenges facing the club in the second of its diligently-planned five-year plan, and hopefully leading to an ambitious \$1.5 million redevelopment of Victor Harbor's oval precinct.

Continued P12

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It will see a huge upgrade in facilities to benefit not only the football club, but cricket, netball, tennis and the adjacent Victor Harbor High School.

"It's about working in cooperation with the community," Grant said. The project is in its embryonic stage; it is still very much a vision, but as Grant added, something positive for which to strive. The genuine long-term benefits will be developing a sporting hub that will attract families.

The immediate challenge, according to Grant, is getting enough money in the bank. "We need to raise \$230,000 to trade and put players out on the park," he said. "It's a lot of money when you talk about nine home games of the year when we are trading, and overall for 18 weeks and finals.

"Our footy department gets stretched every year, and you just have to keep working harder."

The revenue needed to top-up the side with four or five quality recruits comes from other forms of revenue raising.

The sponsorship and fundraising dollars largely go into developing the club as part of its long-term plan, retaining its kids, and developing them into future A-grade performers.

"We have a player retention scheme where, instead of paying someone to come down here we are encouraging these talented youngsters to play here by offering them things like gym membership and in some cases petrol money to get back from Adelaide," Grant said.

"We are putting resources back into our local talent, and the response has been really good. We have had 30 young kids at the local gym through sponsorship, and of course as a club we benefit too because they are bigger and stronger and train harder.

"I am hoping that, in three or four years, instead of getting four or five blokes from

town we can just keep this young talent. They will be good enough; my word. We've just got to keep them.

"We still have that pathway to play A-grade footy, and I think generally the clubs down here all do it well. It doesn't really matter whether a kid plays for Victor Harbor, Encounter Bay or Goolwa-Port Elliot, at the end of the day kids need to play footy." The biggest challenge facing the VHFC, Grant said, was conveying the message that its priority was promoting a family environment within the club.

"I know we all talk A-grade footy and we want to win an A-grade premiership, but the community set-up with a sporting club in any right is so vital for its existence," Grant said. "I could not think of anything worse than bringing up my family in a community that

didn't have sport, and to have that it costs money and it takes people.

"We just need to embrace the family environment and make sure that it is safe, friendly and enjoyable. If you have that people will come and help. If you don't, it becomes a drop-and-run game with the parents leaving their kids here for the day.

"There is no doubt that volunteering is better than it was five or 10 years ago. We are promoted as a family club, and I think all of our families understand they have got to help. It is really appreciated. They are the heart of the club.

"Football clubs aren't about themselves anymore. From our point of view, we have been encouraged by the support of the community buying raffle tickets and most of all more parents coming out watching their kids play and getting involved.

"There have always been a lot of negatives in football; I guess that is the nature of sport. But we are now also starting to see a lot more positives because we are no longer just the Victor Harbor Football Club; we are a club within a community."

Of course, football as a sport has always had its issues with everyone sharing their personal opinions. Grant would like to see changes in the juniors to avoid things like a huge three-year gap that

turns away kids intimidated by the much older and bigger players, and a workable salary cap process that most believe will never exist. The fans will never compliment the umpires, who like the players, try their hardest and strive to be better, and someone will always suggest their son should have been picked in the minis forgetting that clubs have rotation systems to give everyone a fair go. As Grant says, at the end of the day it's still just a game. What is changing is that football has become a something for the family not just the players, and goes beyond a club winning a premiership to developing a complex for the community. It's not a mirage; you can win one in the raffle drawn soon. It is a dream that can be a reality if you buy a ticket.



Victor Harbor Football Club president Grant Levy alongside the club's long list of premiership wins.

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# Fleurieu For Sale

Vol. 1, No. 6

April, 2013

## Enjoying the country life



P2 Superb Lauraine Burrowes Real Estate guide

P4 LJ Hooker's 'wow' factor in heart of Elliot

P6 Rare corner properties from Ray White

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# The 'wow' factor in heart of Elliot



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This feature-packed and very comfortable semi-rural two-story property needs to be on your "must inspect" list.

It offers a substantial 2-3-4 bedrooms with a floor plan that's flexible to cater for groups of all different shapes and sizes. Ideal as a rural family retreat, this property boasts two large internal living areas – one upstairs, the other down. It has two bedrooms downstairs including a huge master bedroom + personal sunroom + en-suite + walk-through robe.

Wow!

Adding to the delight is a second sunroom that opens into the sizeable formal dining room with hard-wearing slate floors making this area ideal when entertaining family and friends. There is an impressive "chef's kitchen" with wide benches and loads of cupboard space, and combination gas/electric appliances including a dishwasher. Again, ideal for all the family catering needs.

An attractive full timber staircase leads to the family room with its own privately-covered balcony offering elevated glimpses of the ocean to the beautiful Basham Beach over the tops of the trees.

With its own bar and separate upstairs bathroom, this top storey space is ideal – or it could be an alternative to the current master bedroom for those looking to secure those wonderful elevated views.

The options continue... an enchanting partially-enclosed outdoor entertaining area is



**NEW LISTING**

**20 Frenchman Drive  
Port Elliot**

**Price guide: \$595,000 -  
\$615,000 NEW PRICE!**

**Agent: Peter O'Brien  
0439 807 035**

fabulous for all-weather living and supports an additional fully-enclosed paved outdoor room with sliding doors and windows to support a spa, or it can act as another bedroom or provide a secure play/rumpus area for the kids. You can decide!

This lovely home is set on a generous approx. 7303 sqm rural living allotment with a variety of supporting shedding options to deal with the biggest of vehicles to the smallest, and everything in between. The property is fully fenced with a variety of separate/secure lots including a chicken run, rain water tank, and an enviro-cycle grey water system.

There are plenty of other features, making it ideal for the family. This property is well worth a look and would be ideal for mature couples or those looking for property with space and seclusion.





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The LJ Hooker team (from left)  
Carol Rutland (administration),  
Belinda Williams (property consultant),  
Andrea Harris (property manager/administration),  
Jo Holden (director/property manager),  
Aaron Campbell (property consultant),  
and Peter O'Brien (director/sales).



3 2 3

### Port Elliot

20 Frenchman Drive  
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**Under Contract**

4 2 4

### Goolwa North

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**New Release**

2 1 1

### Goolwa North

7/34 Noble Avenue  
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**New Price**

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2 1 1

### Goolwa

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**New Price**

4 2 4

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11 Alison Avenue  
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**Open Home**

3 1 2

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**New Price**

4 1 2

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**13 Walsh Street, Aldinga Beach: Huge entertainment area**



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### 4 Sienna Court, ALDINGA BEACH

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### 49 Valley View Dr McLAREN VALE

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### 52 Kestral Terrace, ALDINGA BEACH

Nestled just one street back from the beach, this is a 3-bed place you'll love. Spacious open plan living, raised deck & natural outlook. An ideal artist's retreat with a separate studio **\$375,000 - \$385,000**



# Corio... the sauce of a good meal

Australia MasterChef finalist Callum Hann probably summed it up best while working on the Crows Cookbook for charity by saying that food was more than just about taste.

He questioned an ordinary meal can seem so much nicer because of the ambience of a restaurant compared with the home dinner table, and certainly making it more memorable can be the company or occasion.

It is also about accepting the venue for what it is, and in our case, we tried the Corio Hotel in Goolwa. It's a pub, a nice one at that, so we didn't expect the silver service, mine hosts Rick and Nada O'Donnell walking around in make-believe chef's outfits with a plate of chocolate-dipped strawberries, and a menu covering the French alphabet.

The expectation was a good old-fashioned value-for-money meal in comfortable surrounds at a fair price – and the Corio delivered it so well. Mrs P also had the brilliant company (joke).

It's a family dining room, and we all know kids can be kids at times; not always perfect, but the difference here was that the floors were carpeted so those who should spend a brief moment in the naughty corner could not be heard. Just as important was the fact the gaming room was separated and the only "clinging" noise came from the clean wine glasses. The atmosphere was there; now for the menu options.

The Corio gave us enough options for a few well-selected categories. The specials included the potato & bacon soup with garlic bread (\$8), a dozen oysters (Kilpatrick \$17; natural \$15), a 350gm Angus scotch fillet steak served with sweet potato mash and onion jam (\$34.90), SA whiting with beer batter served with Greek salad, aioli and chips (\$27.90), salt & pepper calamari (\$21.90), mussels steamed with a rich tomato sauce, bacon and chilli served with garlic bread (\$19.90), and for the sweet-hearted, passionfruit cheesecake (\$6.50) and sticky date pudding \$5.

It was a special oyster night, and they were a big hit; probably why bookings were essential. The Worcestershire-base sauce was much



thicker than you normally get, and it was magnificent. They alone were worth going back for.

There was a perfectly-timed gap between the entrée and mains. Mrs P had the whiting – three pieces with beer batter. Maybe someone should come up with the idea of being able to buy two or three pieces because this meal was perhaps too big, especially when considering it came with a nice Greek salad. Excellent value, however.

Yours had the calamari; again, a good-sized serve, and it was tasty – not ruined by over-cooking, and the flavour was balanced. For me, it was a trip to the salad bar consisting of five good choices. The glasses of Savignon Blanc were pleasant and, well-priced. However, there was not the usual diving for the sweets; too full.

Overall, a good quality pub meal served by staff who looked as if they were enjoying their work, which cannot be said everywhere. No silver cutlery, but everyone felt right at home. It was a reminder that a quality, value-for-money meal can be just that much nicer in the right atmosphere.

## Corio Hotel

Railway Tce, Goolwa

T: 8555 2011

**Mine hosts:** Rick and Nada O'Donnell

**History:** Built in 1858, and named after the paddle steamer Corio, which sank on the River Murray the previous year. Hotel features the Yankee Doodle dining room with an antique poster on the ceiling depicting a scene from the American Civil War.

**Facilities:** Sip 'n Save bottle shop, TAB, gaming room

**Nightly specials:** Tuesday – seafood; Wednesday – Rump 'n Red; Thursday – oysters; Friday – schnitzel. Great front bar meals – try the fish 'n chips for about \$10.

**We tried:** Entrée: Shared dozen Oysters Kilpatrick, and plenty big enough. (\$17). Mains: Salt & pepper squad (\$21.90) and whiting \$27.90. Dessert: It was beyond us. Drinks: Glass of Stonemason Sauvignon Blanc (\$6) & The Riddle (Hardy's) Sav Blanc \$5.50. Total bill: \$78.30.

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## Care for your Car with GRAND NISSAN Morphett Vale

By Mark Veldhoen, service manager at Grand Nissan, 345 South Road, Morphett Vale, where he has worked for 14 years.

In the last issue we talked about the need to use the right oils for your car – not just any oils; those with the specification recommended in your service manual. It's the same with the coolant that you use. Basically, if you don't use the right coolant as recommended in the book it can corrode your system.

In an emergency, or a moment of need, if you don't know the right type of coolant to use you are better off using water – preferably distilled water. If you cannot get distilled water wherever you are, if possible boil the water first. There are too many contaminants in our tap water.

If you mix coolants it's like making jelly; it blocks your radiator solid. People get a price on a 40,000 or 80,000km service and then they run around to auto places and buy the coolant because it might be a little cheaper. Don't get me wrong; a major service can be relatively dear, but to save a few dollars on one hand, and then don't get the right coolant on the other can lead to overheating and much bigger trouble and potentially greater expense.

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# To the end, stories of these veterans will be remembered

Lara Geach and her colleagues at the Country Occupational Therapy Services unit in the southern Fleurieu region constantly made comment that someone should record the first-hand accounts of World War II veterans and their families who were there receiving treatment.

It wasn't so much of their personal experiences at war – some of the stories or horror are best left in the memory bank – but their fascinating lives and adventures before, during and after their active service.

Finally, Lara said 'let's do it then', and with the support of a grant by the Australian Government Department of Sustainability, Environment, Water, Population and Communities, she began recording many of the stories as a means of capturing this personal heritage.

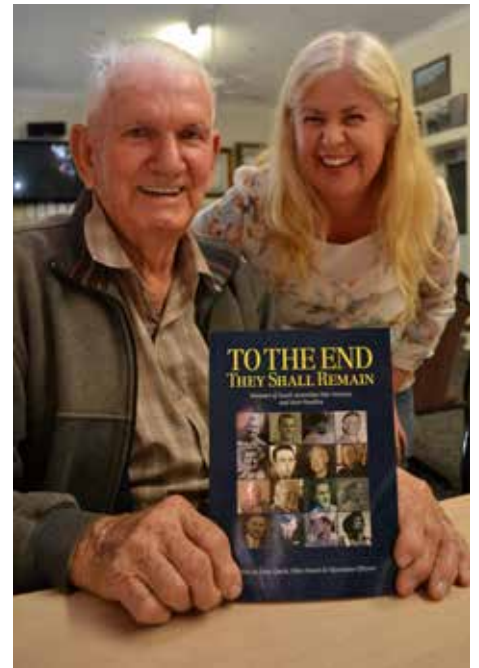
The result of 12 months diligent work is a new book *To the End They Shall Remain*, which Lara, with her many friends who supported her with the book, will launch at the Goolwa RSL sub-branch on Sunday, April 28.

Captured in this collection of stories of character, inspiration and in some parts good old Aussie humour are the stories or reflections by some fine ladies and gentlemen, mainly in their 80s and 90s, including local residents. Featured are John Barnett, Ralph Beinke, Keith Broadbent, Nigel Brookman, Alice and Laurie Cocker, Evelyn Glazbrook, Sandy Hill, Lucy Angel, Rhonda Loxton, Snow Moffett, Joyce O'Donnell, Ernest Starkey, Alfred Southby, Trevor Treadwell, and Kenneth Willson.

At the request of those featured, proceeds of the book will go to the South Coast District Hospital, and local branches of the RSL.

Sandy Hill, 92, said he felt privileged to have been asked to be part of the book, which he thought was a marvellous opportunity for older people to record their past.

"It helped me to remember a lot of things I have done, and the many experiences through



Author Lara Geach with local veteran Sandy Hill, who is featured in her book

life," Sandy said.

Lara, of Port Elliot, did a terrific job with this book of World War II veterans and their families. "I have enjoyed talking to so many veterans and learning so much about life in their earlier years, and it was just a wonderful experience putting this book together," she said.

"I like to think there is a life story for us to learn from every chapter."

The book, with co-authors Ellen Geach and Charmaine Pfitzner, helps us understand life as it was through some difficult times, providing an insight to where we have emerged.

Limited copies of the book *To the End They Shall Remain* are available through local shops and the Goolwa RSL.



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### Identity Thief

(MA15+) starring Jason Bateman, Melissa McCarthy, Jon Favreau. Comedy. Unlimited funds have allowed Diana to live it up on the outskirts of Miami, where the queen of retail buys whatever strikes her fancy. There's only one glitch: the ID she's using to finance these spree reads Sandy Bigelow Patterson and it belongs to an accounts rep who lives halfway across the U.S. With only one week to hunt down the con artist before his world implodes, the real Sandy Bigelow Patterson heads south to confront the woman with an all-access pass to his life. Fri, April 5: 2.20pm, 8.30pm; Sat, April 6: 12.10pm, 4.20pm, 8.30pm; Sun, April 7: 3.20pm, 7.30pm; Tues, April 9: 8.30pm; Wed, April 10: 10.45am\*, 8.30pm.



### Hyde Park on Hudson

(M) starring Bill Murray, Laura Linney, Samuel West, Olivia Colman, Elizabeth Marvel. Drama, comedy. A historical tale that uniquely explores the all-too-human side of one of history's iconic leaders. In June 1939, President Franklin Delano Roosevelt readies to host the King and Queen of England for a weekend at the Roosevelt home at Hyde Park on Hudson, in upstate New York. As Britain faces imminent war with Germany, the royals are desperately looking to FDR for U.S. support. Fri, April 5: 2.40pm, 6.45pm; Sat, April 6: 10.35am, 2.40pm, 6.45pm; Sun, April 7: 1.45pm, 5.45pm; Tues, April 9: 6.45pm; Wed, April 10: 10.30am\*, 6.45pm.



### The Croods

(PG) starring Ryan Reynolds, Nicolas Cage, Catherine Keener, Emma Stone, Clark Duke. Animation, comedy, family. The Croods is a prehistoric comedy adventure that follows the world's first family as they embark on a journey of a lifetime when the cave that has always shielded them from danger is destroyed. Traveling across a spectacular landscape, the Croods discover an incredible new world filled with fantastic creatures – and their outlook is changed forever. Fri, April 5: 4.30pm, 6.30pm; Sat, April 6: 10.10am, 2.20pm, 6.30pm; Sun, April 7: 1.20pm, 5.30pm; Tues, April 9: 6.30pm; Wed, April 10: 6.30pm.



### A Good Day to Die Hard

(M) starring Bruce Willis, Mary Elizabeth Winstead, Jai Courtney. Action. Bruce Willis returns in his most iconic role as John McClane. This time the take-no-prisoners cop is really in the wrong place at the wrong time after traveling to Moscow to help his estranged son Jack. With the Russian underworld in pursuit, and battling a countdown to war, the two McClanes discover that their opposing methods make them unstoppable heroes. Fri, April 5: 4.45pm, 8.40pm; Sat, April 5: 12.35pm, 4.40pm, 8.40pm; Sat, April 7: 3.45pm, 7.45pm; Tues, April 9: 8.40pm; Wed, April 10: 8.40pm.



\* Coffee club screenings. G: Suitable all ages. PG: Parental Guidance Recommended for persons under 15; M: Mature audiences 15 yrs +; MA: Under 15 must be accompanied by parent/adult/guardian; R: Restricted to adults 18+. ADMISSION: Adults: \$16; concession/student \$14; children \$12; Senior card/coffee session \$11.

### Return to Nim's Island

Commences Friday, April 12. (G) starring Matthew Lillard, Bindi Irwin, John Waters, Toby Wallace, Sebastian Gregory. Family, adventure, fantasy. Nim is the precocious daughter of scientist father Jack. Nim, a bit older now, still has an amazing gift with nature and her amazing animal friends. But now that developers and poachers threaten her island, she and her dad must fight to preserve their pristine island and its abundant wildlife.



### The Incredible Burt Wonderstone

Commences Friday, April 12. (M) starring Olivia Wilde, Jim Carrey, Steve Buscemi, Steve Carell, Alan Arkin. Comedy. Superstar magicians Burt Wonderstone and Anton Marvelton have ruled the Las Vegas strip for years, raking in millions with illusions as big as Burt's growing ego. But secretly they've grown to loathe each other. Facing cutthroat competition from guerilla street magician Steve Gray (Jim Carrey), even their show looks stale.



### Escape From Planet Earth

Commencing Friday, April 12. (PG) starring Brendan Fraser, Rob Corddry, Ricky Gervais. Animation, action, family. On the planet Baab astronaut Scorch Supernova is a national hero to the blue alien population. A master of daring rescues, Scorch pulls off astonishing feats. When BASA informs of an SOS from a notoriously dangerous planet, Scorch rejects the warnings and bounds off for another exciting mission.



### Jack the Giant Slayer

Commences Friday, April 12. (PG) starring Nicholas Hoult, Eleanor Tomlinson, Ewan McGregor. Action, adventure, fantasy. An ancient war is reignited when a young farmhand unwittingly opens a gateway between our world and a fearsome race of giants. The giants strive to reclaim the land they once lost, forcing the young man, Jack, into the battle of his life.



### Great Expectations

Commences Friday, April 19. (M) starring Ralph Fiennes, Helena Bonham Carter, Jason Flemyng, Robbie Coltrane, Holly Grainger, Jeremy Irvine. Drama based on the great Charles Dickens novel. A humble orphan suddenly becomes a gentleman with the help of an unknown benefactor.



### Iron Man 3

Commences Wednesday April 24. (CTC) starring Robert Downey Jr., Guy Pearce, Rebecca Hall, Gwyneth Paltrow, Jon Favreau. Superhero, Action, Sci-fi. Tony Stark uses his ingenuity to fight those who destroyed his private world and soon goes up against his most powerful enemy yet: the Mandarin.



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Some of the members of the family-owned Port Elliot Bakery business (from left) Chelsea, Chris, Alex, Joanne, Sharon, Priscilla and Chris Jnr.

## Pasties fit for King Arthur around table

**F**rench poet Chrétien de Troyes first mentioned pasties in his literary works relating to King Arthur a tad over 700 years ago. Wikipedia says so, and we are not going to disagree.

But who makes the best pasty is a different matter. History suggests there were pasty nights around Arthur's table and they argued about it, as will those who lance a lot come lunchtime today.

As a self-proclaimed connoisseur of pies and pasties until a former boss, Mark Lycrapants, scarred me for life jokingly suggesting a pie was the equivalent of eating eight slices of bread, there can be no doubt those available on the southern Fleurieu rate among the world's best. Let's don't hold back here.

The contenders include the Milang cheese pasty – the end bits are to die for – those from Convenient Chef in Goolwa with attempts to make them ridiculously healthy, the sensational creations from Yankalilla Bakery, the assortment at Carousel Bakery, Strathalbyn, which are made on site and are magnificent, and the Original Port Elliot Bakery pasties – the all-veggie type. And please; no sauce.

Chris and Joanne Gorman, and their extended family as co-owners of the Port Elliot Bakery, can step up to the plate. Yes, we can argue whether their pasties are the best, but in a world where there are few bad ones the mere fact there is a queue a proverbial mile long at this place on any given summer day, weekend

or a public holiday says it all.

But as much as locals and tourists alike are amazed at the queues to buy a pie or pasty, or any of the wicked cakes at the Port Elliot Bakery, the like-ups for their pastry creations is nothing new.

Along a remarkable journey of hard work and dedication, including their time in a fruit & veg shop, working a vineyard, assisting a florist, operating a motel and the pizza bar on the main road at Hayborough, Chris and Joanne ran the On the Spot Bakery near the top of Ocean Street, Victor Harbor, and had people lining-up around the corner past the newsagency.

Continued P23

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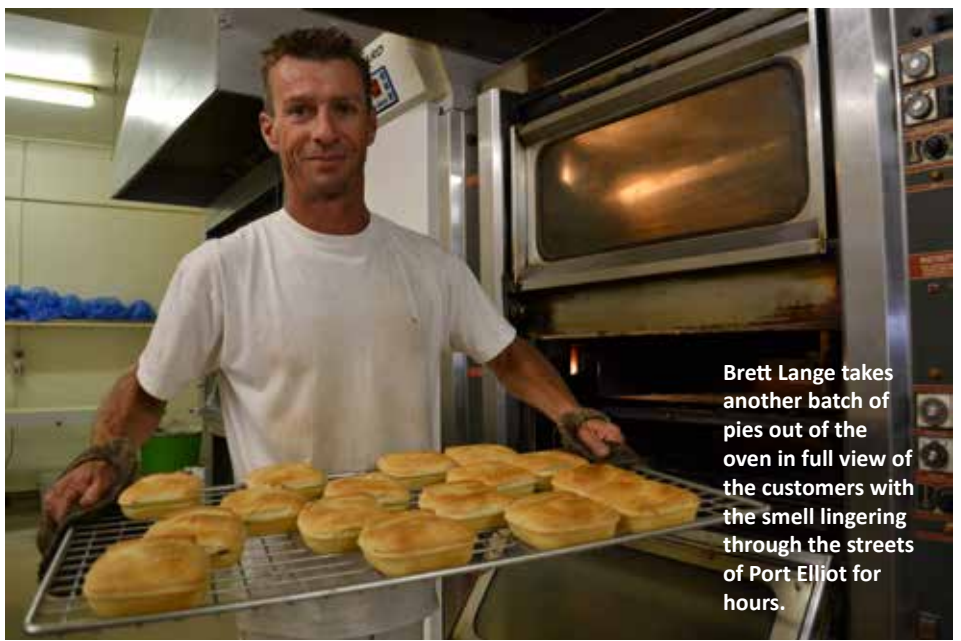
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**Brett Lange takes another batch of pies out of the oven in full view of the customers with the smell lingering through the streets of Port Elliot for hours.**

“  
*I stood there and apologised to everyone, and explained that the next batch would be at least 45 minutes. They stood there waiting, and the queue got longer and longer.”*

– **Chris Gorman, Port Elliot Bakery**

From P22

Incredible, you say, but we’re not just talking about pasties. We’re dealing with sensational pasties, and they’re not bad for someone who is a self-taught baker and in 1972 created one of the earliest versions of an all-veggie and no-meat pastry because he was vegetarian.

Even more astonishing is that this success, certainly the trays of compliments from afar, hasn’t changed Chris and Joanne one bit. They make humble apple crumble as they say by the oven. They cast aside boasting rights and talk of the dedication of the entire family – their co-owners – children Sharon, Amanda, Chris Jnr and Jacqueline, their partners and children. One day it’s grandma and grandpa; the next it’s real business with the grandkids. It’s not about setting up family trusts as cost-saving measures, but a genuine family bond that would make most of us envious. It is also a means of extending the family business on this site from 1989 when son-in-law Andrew Horrocks came up with the concept of turning this classic building built as a bakery in the 1860s into what it is today.

Credit is extended to family members no longer involved in the business. And the accolades extend to the chief pastry cook Peter Beech and bakers Brett Lange and Shaun Etherrington.

Now approaching their 25th year in the Port Elliot Bakery, it is amazing the impact this truly family business has had on the town, indeed the southern Fleurieu. There have been hundreds of young people who have worked here at some stage, and expect one to become our Federal treasurer and tell us: “It was the

pastry we had to have”.

Chris recalled first making pasties with an old rolling pin and then a tiny machine, washing and peeling his own potatoes, and finely chopping the veggies. Progress has been made, but staff say he hasn’t lost that personal touch.

The first hint that people loved his work came in his first shop, in McLaren Vale, when he sold out of pasties at midday. “I stood there and apologised to everyone, and explained that the next batch would be at least 45 minutes,” Chris said.

“They stood there waiting, and the queue got longer and longer.”

There was no release of secrets as to why these pasties are so good, but Joanne said baking on site in full view of people in the shop, allowing them to smell the hot pies and pasties as they come out of the oven, has always created something special. And when you have a big nose, well... there is no stopping a connoisseur.

Chris also likes to think it’s the freshness and

quality of the ingredients that matters most, and prides himself on buying locally, from the butcher across the road and the big fruit & veg specialty shop in Victor. He also tries one of his pastries or cakes to ensure the quality is there. What a job; imagine also working in a brewery part-time.

Away from the bakery you may find Chris and Joanne playing table tennis, or Chris still running around the tennis court in between serving the community incredibly well through a marvellous organisation, Rotary. Of course, their work rate in sport is also phenomenal, as it was when Chris also ran a deli, carted bricks or ran a newsagency from his shed.

The success of the Port Elliot Bakery is really no secret. It is, however, different to most because Chris and Joanne organise for the leftovers to go to the needy daily, and name a bakery that has a \$2 board to help hard-working parents buy something for their kids. Out of a rating of 10, experience says the pasties are a 10. And the bakers? Dozen.



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# Laugh Lines

### Well done Matt

Matt goes up to the Pearly Gates and St Peter asks him: "Have you done anything of particular merit that warrants you coming inside?"

After a pause, Matt says: "Yeah, I can think of one thing... I was walking down a back street in the city when a gang of no-gooders was threatening a poor young woman... she was terrified.

"I stopped, and shouted, 'hey, leave this girl alone' but they wouldn't listen. I thought the best way to handle this tough situation was to approach the largest, meanest and the most tattooed gang member and smack him right in the mouth. I then kicked his motorbike over, ripped out his nose ring and threw it in his own blood.

"The gang member was crying in pain. I yelled at the gang again: "Now back off or I'll kick the living daylight out of all of you."

St Peter is impressed. He asks: "When did this happen?"

And Matt says: "A couple of minutes ago."

### Nice one Dan

Dan is a single guy living at home with his father and working in the family business. When he finds out that he's going to inherit a fortune when his ill father dies, he decides he needs to find a wife with whom to share his fortune.

One evening, at an investment meeting, he spots the most beautiful woman he has ever seen. Her natural beauty takes his breath away.

He says to her: "I may look like just an ordinary guy, but in just a few months my father will die and I will inherit \$200 million."

Impressed, the woman asks for his business card and three days later, she becomes his stepmother.

The moral of the story: Women are so much better at financial planning than men.

### Wee are amazed

A 90-year-old man goes for a physical, and all of his tests come back with normal results.

The doctor says: "George, everything looks great... how are you doing mentally and emotionally? Are you at peace with yourself?"

George replies: "Oh yes... I have poor eyesight, and at night when I need to do a pee I just have positive thoughts. I say to myself, I can do this, and the next moment 'poof' the toilet light goes on. And when I finish having my pee

I have more meaningful thoughts and 'poof' the light goes out."

"Wow, that's incredible," the doctor says. Later, the doctor calls George's wife. "Ethel," he says, "George is doing fine, but I had to call you because I'm amazed how he is at peace with himself. Is it true that he gets up during the night and 'poof' the light goes on and off in the toilet, or is he just losing his marbles? And Ethel says: "Oh dear, he's peeing in the refrigerator again."

### Please don't

It's really hot and a bloke at Middleton, stark naked after a shower, asks his wife what the neighbours might think if he mows the lawns without any clothes on.

And his wife says: "Probably that I married you for your money."

### Anything else, darling?

A wife asks her husband: "Could you please go shopping for me and buy one carton of milk, and if they have avocados, get six?"

So off the husband goes. A short time later he comes back with six cartons of milk.

The wife asks him: "Why on earth did you buy six cartons of milk?"

And the husband replies: "They had avocados."

### Doctor, doctor...

Quasimodo, the character in the novel based in Notre-Dame, goes to a doctor for his annual checkup.

The doctor says: "I think something is wrong with your back."

Quasimodo asks: "What makes you say that?"

The doctor replies: "I don't know... it's just a hunch."

### Excuse me sir...

Police officers knock on the door of Fred's house, and hold up a photo of a woman.

They ask him: Is this your wife sir?"

Fred replies: "Oh, yes it is.

An officer says: "I am terribly sorry sir, but it looks like she's been in a car accident."

And Fred says: "I know... but she has a lovely personality."

### Dad jokes...

**What did the fisherman say to the magician?**

Take a cod, any cod.

**What does an envelope say when you lick it?**

Nothing. It just shuts up.

**Why did the donut go to the dentist?** It needed a chocolate filling.

**How can you tell if a calendar is popular?** It has a lot of dates.

**What did one earthquake say to the other?**

It's not my fault.

**What stories do the ship captain's children like to hear?** Ferry tales.

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## Braised Lima Beans with Leek, Corella Pears and shaved Alexandrina Pepato

**Provided by Rebekah McCaul, of Alexandrina Cheese**

**Groundwork:** Lima beans need to be soaked overnight. On the day, you will need 30 minutes preparation time plus 90 mins. cooking time. Serves 4.



### Ingredients

250g dried large Lima beans (butter beans)  
2 Tbsp olive oil  
2 cloves garlic, crushed  
2 leeks, sliced  
1 tsp soft brown sugar  
2 local Corella Pears, peeled and cut into thick slices  
2 medium tomatoes, peeled, seeded and diced  
1 tsp fennel seeds  
1 cup (250ml) white wine  
2 Tbsp white wine vinegar  
155g asparagus, cut into 4cm lengths  
Handful of small sage leaves (16 leaves)  
Salt flakes  
100g Alexandrina Pepato cheese  
2 Tbsp toasted nuts (either pinenuts or local almonds)

### Method

Soak lima beans in cold water overnight, rinse and drain well.  
Place the beans in a heavy-based pan, cover with water and bring to the boil. Reduce heat and simmer for 1 hour, drain.  
Heat the olive oil in a large non-stick frying

pan, adding garlic, leeks, and brown sugar. Cook over a medium heat for 9 minutes or until the leeks begin to caramelise. Add corella pears, tomatoes, fennel seeds, white wine, and wine vinegar.

Simmer for 9 minutes or until the liquid has reduced by a quarter. Stir in lima beans, asparagus and sage, season with salt flakes. Cook for a further 4 minutes or until the asparagus is tender.

**Plating up:** Finely shave a moderate amount of pepato cheese, sprinkle over with toasted nuts and serve.

### Cheesy Chat

James' Flat Pepato is a piquant peppercorn infused romano cheese, similar to pecorino, which is aged for 15 months.

This handmade cheese has an extraordinary pleasant taste and texture. Once you have sampled the cheese, it seems to linger on the palate, with a delightful aroma. Stunning on a cheese plate and best matched with dried fruit like dates, figs or prunes. It is also versatile shaved on top of savoury dishes like this month's warming recipe of Braised Lima Beans with leek and pears. It is best to match this cheese with red wine, particularly if you can find one from the southern Fleurieu vigneron. The Alexandrina range is available from our supportive local stockists. Simply click on the shopping trolley icon on the website for more information: [alexandrinacheese.com.au](http://alexandrinacheese.com.au)  
Don't bother with adding any fresh cracked pepper... this Pepato cheese from Alexandrina Cheese does all the talking!

## Tips for the kitchen...

To keep salt unclogged in the shaker add 1/2 teaspoon of uncooked rice.

Sunlight doesn't ripen tomatoes. Store them with the stems pointed down and they will stay fresher, longer

Microwave garlic cloves for 15 secs. and the skin slips right off

To remove tea stains from cups and saucers rub them with salt.

To remove skin from tomatoes place them in warm water for 5-10 minutes.

To boil eggs quickly, add salt to the water.



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## Eat healthily with OPAL

*By Linda Scholz, OPAL (Obesity Prevention and Lifestyle) manager for the Alexandrina Council, a program that encourages children to be healthy.*

Breakfast is the best way to kick-start your day as it does just that – it breaks your overnight fast. It gives you more concentration and provides plenty of vitamins and minerals adults need for a healthy body.

There are numerous breakfast cereals out there and some contain a lot of added sugar. Healthy breakfast cereals with low sugar, low salt and high fibre include:

- Wheat biscuits including Sanitarium Weet-Bix, Uncle Toby's Vita Brits or home brand varieties
- Porridge made from any plain rolled oats or quick cooking oats
- Kellogg's Sultana Bran
- Kellogg's Mini Wheats
- Uncle Toby's Weeties.

A healthy breakfast can be more than cereal. Try plain/toasted wholegrain or fruit breads, fresh/frozen/tinned fruit in natural juice, or proteins like baked beans, eggs, reduced fat milks, yoghurts and cheese.



### Savoury French Toast

2 slices of wholemeal/whole-grain bread  
1 egg  
¼ cup milk  
Garlic, powder or minced  
Onion powder  
Oregano, fresh  
Pepper to taste  
Cooking oil for cooking  
Serve with some slices of fresh tomato

In a small bowl, whisk all ingredients together. Into the mixture, add one slice of bread at a time so it soaks up the liquid. Heat up a small amount of oil in a frying pan. Add the bread and cook one at a time until golden brown. Try serving with some freshly-sliced tomato.

Eggs are high in protein, vitamin D, vitamin A, riboflavin, biotin, folate, phosphorus and iodine, which the body needs.

If you are in a rush every morning, why not quickly fry an egg on toast, or the night before boil some eggs and eat them on the run.



# EAT WAVE with Jenny...



## Osso Buco

*Osso Buco is an Italian dish made of veal shanks, or shin beef as it is otherwise called, which is slowly cooked with vegetables and white wine. It is a tender meat dish that can be served with mashed potato and other vegetables, or with rice. It is particularly popular in Northern Italy, where it is also called Ossobuco alla Milanese. The original Osso Buco recipe did not include tomatoes. Following is a modern version - gravy*

### Ingredients

1kg veal shanks (shin beef); or  
gravy beef  
1 medium carrot, sliced  
1 medium onion, diced  
1 stick celery, sliced  
2 teaspoons minced garlic  
1 teaspoon dried thyme  
1 teaspoon salt  
2 tablespoons tomato paste  
1½ cups diced fresh ripe tomatoes

1 cup white wine  
1 tablespoon cornflour  
salt and pepper to taste

### Method

Place vegetables and garlic over base of crock pot. Lay meat on top and sprinkle with salt and dried thyme. Spread tomato paste over the beef and top with chopped tomatoes. Add white wine. Cover and slow cook for 5 hours on high, or 8 hours on low. Mix the cornflour with a little water to make a paste. Add to crock pot in the last 15 minutes of cooking to thicken the sauce. Add salt and pepper to taste. Delicious served with mashed potato and vegetables of choice.

Note: Osso Buco can be cooked on the stove top or in the oven. For these methods of cooking, add beef stock and/or tinned chopped tomatoes to increase liquid so that the meat is covered. Cook at 160°C in the oven for 2 hours, or simmer in a heavy based saucepan on stove top on low heat for 1½ hours. Serves 4-6.

## Apple Praline Loaf

### Ingredients

1 cup sour cream  
1 cup brown sugar  
2 eggs  
2 teaspoons vanilla essence  
2 cups plain flour  
2 teaspoons baking powder  
½ teaspoon bi-carb soda  
¼ teaspoon salt  
1½ cups peeled and finely chopped Granny Smith apples  
1 cup chopped walnuts or pecan nuts  
¼ cup firmly packed brown sugar  
50g butter

### Method

Preheat oven to 180°C. Line a 22cm x 11cm loaf pan (or two small loaf pans) with baking paper. Beat together sour cream, sugar, eggs and vanilla with an electric mixer, on low speed for about 2 minutes, or until well blended. Stop the mixer and add the flour, baking powder, bi-carb soda and salt. Continue to beat on low until combined. Fold the apples and half the chopped nuts into the batter, then transfer the batter into the lined loaf pan.

Sprinkle the remaining nuts on top, pressing them lightly into the batter. Bake for 55-60 minutes, or until a skewer inserted into the centre comes out clean. Baking time will depend on the size of the pan. In the second half of baking, pan can be covered with aluminium foil if needed, to prevent burning. Remove from oven and leave in the pan to cool for 15-20 minutes, then with baking paper in tact, transfer to a wire rack. Pull down sides of baking paper and let cool completely.

When the bread has cooled, combine butter and brown sugar in a small saucepan, and stir with a spoon over low heat, until butter has melted and sugar has dissolved. Increase to medium heat to bring to the boil, then reduce heat and boil gently for 1 minute – sauce will thicken. Remove from heat and spoon over the top of bread, using the back of the spoon to spread the sauce – the baking paper will catch any drips. Hint: using a whisk to gently whisk the sauce at the end of cooking can help make it thick and smooth.



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Giving it a go... the new dragon boat participants at Encounter Lakes

# They puffed and puffed in the magic dragon

Meet the paddle teamers of Encounter Lakes... new to the sport of dragon boat racing and having a wonderful time on Easter Sunday. It was the fourth 'have a try' day organised by Heather Wehr (pictured right) and Linda Dehle, who first tried to form an official dragon boat club last year as part of their great cause as members of Breast of Friends, a chairable and support group for breast cancer survivors. When there was not enough interest among them, the idea was opened to everyone and so far the response has been terrific. These hardy oarsmen and women (pictured above) discovered it's hard work and great fun, and certainly not Chinese torture. Heather said the aim of the trials was to gauge interest and hopefully form a new dragon boat club with their closest competitors at Goolwa. The next step is a public meeting to organise the club and officials. Heather and Linda said they were encouraged by the outstanding support from Dragon Boat SA, especially through John Holland, who brought a dragon boat from Port Adelaide. By coincidence, it was named *Carlene's Dream*, after a special lady who lost her battle with cancer, and is painted pink.

"We could not have asked for a more appropriate boat," Heather said. "This is really special. "There will be a membership to the club and we will need to pay for a lease of the boat, and do a bit of fundraising. It's open to everyone. We have had a terrific response so far, and everyone has enjoyed themselves. This is a great way to meet people." The dragon boat is 14 metres long without the head and the tail, and is filled with 20 paddlers, a drummer and a sweep, who steers the boat. The group needs a shed to store the boat in the vicinity of Encounter Bay. According to John, this is a sport for the whole family. "Dragon boat racing is not like some sports where men dominate because they may be a lot stronger; it's about timing," he said. "We have mixed crews and everyone enjoys it. "The crew that went out this morning did well; with more practice they'll get it right." There seems no doubt they will get hooked on this catching sport with a difference; they had the time of their life.

**If you are interested in joining the proposed club call Heather: 0400 751 957**



## UPCOMING TOURS AT A GLANCE

**NEW** Monarto Zoo – Friday, April 26; includes lunch and guided tour \$80pp  
**NEW** Regency Park Tafe lunch & RM Williams Museum Friday, May 31, \$65pp

### Extended Tours

7-day Streaky Bay and Port Lincoln, April 8-14, \$1638pp & \$335ss (filling fast)  
 5-day Melbourne Getaway, April 18-22, \$825pp & \$225ss  
 8-day 3 Trains 3 States, April 30-May 7, from \$2801pp & \$450ss (only 2 seats left)  
 8-day Wild West of NSW and Lightning Ridge, May 20-27, \$1950pp & \$330ss (filling fast)  
 4-day Mildura Getaway, June 3-6, \$520pp & \$150ss  
 5-day Gold Coast & Tweed Heads, July 8-12, \$1985pp & \$350ss  
 4-day Christmas in July in Echuca, July 22-25, \$676pp & \$170ss  
 9-day Norfolk Island, July 28-August 9, \$3500pp & \$650ss (filling fast)  
 4-day King Kong the Musical Spectacular in Melbourne, August 6-9, \$1480pp & \$250ss

19-day South Africa, Victoria Falls & "The Blue Train", 15th August 16-September 2, \$10750pp & \$1750s (Trip of a lifetime and ONLY 8 seats remaining)  
 8-day Canberra and the NSW South Coast, September 23-30, \$1750pp & \$350ss  
 4-day Murray Princess Cruise, October 11-14, \$1450pp & \$280ss  
 12-day Spring Wonderland in Tasmania, October 21-November 2, approx. \$4100.00pp  
 ANDRE RIEU October 23, great seats, \$209.00pp  
 3-day Loxton Lights, December 6-8, \$399pp and \$95ss  
**NEW** 8-day Christmas in the Blue Mountains and Wollongong, December 23-30th \$TBA  
**NEW** 16-day TRAVELMARVEL Amsterdam – Budapest River Cruise, March 15, 2014 from a ridiculous \$5990pp inc. airfares. Deposit by April 30, 2013  
**NEW** 12-day TRAVELMARVEL Kimberley's Tour, July 2014 (will have Ghan option) We're taking expressions of interest for this one!

\*pp = per person on a twin share basis

\*\*ss = single supplement

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