

June, 2013 Vol. 2, No. 14



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No kidding... something's on the nose!



Meet Denise Riches (right), affectionately known as the "Goat Lady", whose Hindmarsh Valley Dairy goat dairy products have earned national acclaim. And yes, it's Red Nose Day, Friday, June 28, and Jack Drake (left), an 18-month-old twin, obviously thinks it's a hoot. It's one of our countless special days. More inside

read about Ros Rohde of
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Penguin decline goes beyond Granite Island

We are not alone. The rapidly declining numbers of little or fairy penguins is not restricted to Granite Island; the serious problem exists at other points along South Australia's coastline, and overseas. And the lack of control of increasing rat infestation on the island may be just as bigger problem as the seals, which are commonly blamed.

The bottom line is that since research began on the penguin decline on Granite Island two years ago the numbers have dropped from 100 to 26, and of them there are now only 10 pairs who attempt to breed. There were an estimated 2000 penguins in 2001, and at this stage there is no definite cause for the alarming drop. The plight of the penguins will again be at the forefront when Sonia Kleindorfer, a Professor of Physical Sciences at Flinders

University, addresses the community at a \$50-per head fund-raising dinner at the McCracken Convention Centre on Friday, June 14 at 6pm.

Dr Diane Colombelli-Negrel, who gained her PhD working with American-born Prof Kleindorfer upon arriving from France eight years ago, and has worked on this penguin research with her the past two years, said the common perception was that seals were responsible for eliminating the penguins.

"It may be the seals, but it is probably not just one factor," Dr Colombelli-Negrel said. "The seals could be responsible, but it is not 100 per cent for sure and we need to actually verify that and see if it is in correlation with different things. The answer has not been found.

Continued P3





From P2

"It could be disease through their food or in the sea, or seal predication. It could be migration; the penguins may be just going somewhere else because the condition at Victor Harbor may not be good for them anymore.

"The action that needs to be taken depends on the outcome. There was an invasion of a plant species on the near-by West Island that actually prevented the penguins from breeding properly. Unfortunately, we realised this too late and the penguins had already gone. "If it is predication there may be some measures that could be implemented on land, like trapping of predators or preventing them to get access to the island. Predation at sea is obviously really difficult to do anything about, and killing seals near the island is not a solution or is going to have a big impact on solving the issues."

The two-year research by the Flinders
University team has included video
surveillance of the penguins' burrows at
night to determine whether something was
destroying their eggs, but again Dr ColombelliNegrel said the findings were inconclusive.
"We had video cameras to look at the rats
– and there is a lot of rat activity on Granite
Island – but we have not had any videos of
rats taking anything," Dr Colombelli-Negrel
said. "We have vision of a possum going into
a burrow, but this did not seem to have any
impact on the breeding success.

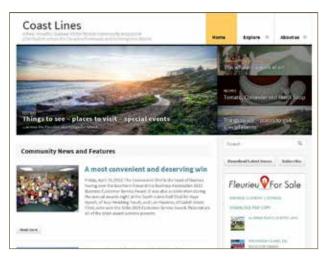
"More studies are needed in this area; we have been looking at a very small population. If the rats are the problem we can put traps or have other kinds of rodent control." Prof Kleindorfer and Dr Colombelli-Negrel would like to establish studies on penguin populations across South Australia. "The trend is not just Victor Harbor; the decline in numbers is much more global than that," Dr Colombelli-Negrel said.

The critical factor is funding; about \$150,000 per annum is needed to employ a full-time researcher to assist with the studies. Proceeds from the dinner on June 14 will go to this cause. Tickets and more information on the dinner may be obtained from organiser Rob Heaslip: 0439 995 760 or email: rob.heaslip@rh.com.au

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Coast Lines is proud to launch a new community service in conjunction with the Goolwa & District Community Bendigo Bank.
We will present the latest community news almost as it happens on our new website: "... presented by the Goolwa & District Community Bendigo Bank".
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If you would like to share your community event, simply email us with the details: info@coastlines.com.

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While the magazine is free, there is a postage and handling cost of \$27.50 inc. GST for 12 issues. We will provide payment details by return email.

You also have the option of reading *Coast Lines* on our website .

Once again, thank you sincerely for your support. We hope you enjoiy readding our magazine.



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June 1-July 21

Time and Place photographic exhibition at Signal Point Gallery, Goolwa. This is a powerful photographic exhibition presented by Country Arts SA and the Alexandrina Council. It captures the eternal connection to country of three generations of Ngarrindjeri women, as seen through the eyes of Adelaide-based photographer and award-winning film director Christopher Houghton of POP Pictures. The exhibition comprises three portraits and a series of evocative landscape photographs taken on Ngarrindjeri lands across the Fleurieu Peninsula. Free entry. http://www.southaustralia.com/info.aspx?id=9011235

June 8-9

Antique and Collectables Fair at Currency Creek Winery and Currency Creek Centenary Hall 10am-4.30pm. Antique jewellery, Australiana, old books, china and much more. \$2.; under-16 free. Proceeds to Currency Creek CFS and Community Hall. Contact Helen 8555 4091 or Mary 0417 822 083.

June 8-10

Strathalbyn Ballooning Regatta. Fly each morning (weather permitting) at dawn. Special night at Strathalbyn Trotting Club; model aircraft. Contact 8536 4500 or 0429 671 685 for more details.

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THOUGHT FOR THE DAY

People say: "He wants his cake and eat it too" But what good is the cake if you can't eat it?



June 8-10

McLaren Vale Sea & Vines Festival. One of the great events on the South Australian food/wine/tourism trail. Much to see and do. Explore all the options at: http://www.mclarenvale.info/bank-sa-seavines-2013-home

Saturday, June 8

The Friends of the South Australian Whale Centre are once again celebrating National Whale Day and have registered to host a Walk for Whales on Saturday, June 8 from the Causeway at 10.15 am.

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.

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Inman Valley: First Saturday of month

9am-1pm.

Kangaroo Island Community Markets: Penneshaw Oval or Town Hall every Sunday from 9am.

Kangaroo Isdland Farmers' Market: Lloyd Collins Reserve, first Sunday or every 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.

(Has been postponed because of weather last weekend). Walk around Granite Island then have lunch at the bistro (book through secretary Jan Hanger 8552 1680). The Friends of the South Australian Whale Centre is a not for profit group, helping to raise funds to support projects that aid the local marine environment and conservation as well as providing information to the general public during whale watching season.

Saturday, June 8

Live music at South Lakes Golf Club by Linda McCarthy. Birdie Bistro meals available 6-7.30pm. Great entertainment. Contact the club for more details/tickets: 8555 2299.

Continued P5









Sunday, July 14

Start training your dog to smile! There's another doggie special on the way, the 2014 Dogs on the Coast Calendar. Registration closes July 14 – simply email a close-up pic of your dog to the organiser and a great dog campaigner Ruth Miller to: roo. miller@bigpond.com or phone her for more details: 0422 533 208. Make sure the photos are of good quality, and taken outdoors. There is an entry form available on Facebook. Entry is free. Presented by the Port Elliot Town and Foreshore Improvement group. Images: from 2013 calendar.

From P4

Sunday, June 9

Opening of new business, *My Scenic Pics*, by local landscape photographer Annette Eatts, with an exhibition of her brilliant work at 21 Kingdom Place, Goolwa, from 11am-2pm. Visit: myscenicpics@gmail.com

Sunday, June 9

Southern Fleurieu Historical Museum is holding a fundraising open day at the Port Elliot Showgrounds 10am-3pm. Includes displays of farming and domestic life prior to 1960; side-saddle riding and costume display; horse buggy and camel rides. Vintage vehicles and stationary engines also displayed. Adults \$5, children U15 \$2, family (2 adults 2 children) \$10.

Thursday, June 13

Friends of the Women's and Children's Hospital Auxiliary Victor Harbor and Goolwa branch is holding a fundraising games Bridge day at the Encounter Bay Football Club rooms on Thursday, June 13 at 10am. Cost is \$20 per person – morning tea, lunch, and refreshments provided. Raffles. Tickets available from Julie Jackson 8552 1002 or Anne Rose 8552 8166.

Wednesday, June 19

The Victor Harbor Childcare and Education Centre, located on Bay Road next to the South Coast District Hospital, is holding an Australia's Biggest Morning Tea and street stall on Wednesday, June 19 from 9am-noon. Morning tea will be served for \$2.50 with all proceeds going to The Cancer Council of SA.

Friday, June 21

The Fleurieu Community Foundation and Rotary Club of Encounter Bay is holding a quiz night at the Encounter Bay Football Club Rooms for 7.30pm. Admission is \$10; BYO supper – drinks available at the bar. Get together a table of 8 or make up a table with others. Enquiries to Peter Lewis: 0402 279 807.

July 9-12

Sputnikz is performed by some of the young artists from Cirkidz' performing troupe, Adelaide's premier youth circus company, and is inspired by Antoine de Saint Exupéry's timeless classic Le Petit Prince. Free workshops 1pm or 2.15pm daily; suitable for children 8-13. To register, contact Goolwa Visitor Information Centre 1300 466 952. Purchase tickets: http://sa2.seatadvisor.com/sabo/servlets/EventSearch?presenter=AUALEXANDRINA

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Courses available Woodcroft, Morphett Vale, McLaren Vale and Victor Harbor. Visit: www.legacytraining.com.au Everyone who 'likes' Legacy Training on Facebook (logon via website) will receive a \$10 discount towards the cost of an Apply First Aid course.



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June 30, 2013...
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Grab a Grant BBQ Day Sunday, June 16

Here's your chance to make the most of the state government grants and Lakeside Goolwa discount totalling \$17,000.

We are holding a *Grab a Grant BBQ Day* here at Lakeside Goolwa. You're most welcome to come down for a free snag and drinks from 12-2.30pm. We will be on hand to answer any queries you may have on the day. The \$17,000 discount expires June 30, 2013 and we don't want anyone to miss out! And here's an additional bonus... if you sign-up on or prior to the day you will be eligible for a free 50-inch flat screen television for your brand new architecturally-designed Lakeside Goolwa Home.

Making life simple

Finding making the move hard? Good news; the process of making the move to Lakeside Goolwa is now even easier!

A small \$500 refundable deposit* will guarantee you these wonderful benefits:

- * Secure the \$17,000 in grants
- * Secure the home of your dreams
- * Secure the site for your new home
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And all of this without needing to sell your existing house first!

Not only that, we are offering for a limited time only:

- * A free 50-inch flat screen TV for your new home for anyone that signs up on or prior to our *Grab a Grant BBQ Day* on June 16
- * Free removal costs we will move you into your new Lakeside Goolwa home for free!
- * A free TWO NIGHT stay at Lakeside Goolwa in one of our Marina View units to get you in the mood for your move to your brand new architecturally designed home.

Please give us a call on (08) 8555 2737 for more information.

* Conditions apply.

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New partnership

At Lakeside Goolwa we recognise that there are three steps to making the move to retirement-style living.

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- * The last step is 'how do I sell my existing house so I can make the move to Lakeside Goolwa?'

It is with pleasure that we introduce Chris Waterman, South Australia's leading sellers' advocate.

Chris has 40 years experience in real estate and is totally independent from Lakeside Goolwa. He is available to help you with all those difficult decisions about selling your house – at NO extra cost to you!

He can assist with getting your property ready for market, finding an agent, and deciding upon the best price to sell your house. He can be your liaison person so you never have to deal with the real estate agent direct, taking all the hassle out of selling your home.

Information sessions

Our recent information session lunches and dinners were a huge success. Everyone received first-hand the information they were looking for in a relaxed and informal atmosphere that is becoming synonymous with Lakeside Goolwa.

The enthusiasm with which everyone talked about the project was infectious, and we hope to see more of the same at the upcoming *Grab a Grant BBQ Day* on Sunday, June 16.

Til next time... from the Lakeside Goolwa team

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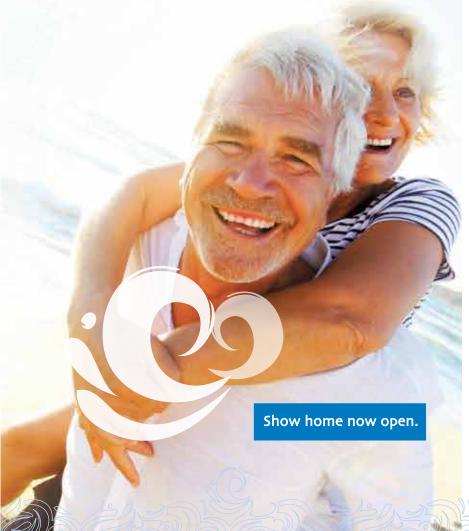
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For more information or opening times, call us on (o8) 8555 2737, visit our website www.lakesidegoolwa.com.au or drop us an email at sales@lakesidegoolwa.com.au 39 Noble Avenue, Goolwa North.

Retirement living you'll just love



Some don't know what day it is

riday, April 26 will go down in history as the day soap opera *Days of Our Lives* ended in South Australia after breaking the hearts of our lonely housewives and even more desperate men after 11,740 episodes over 45 years on Channel Nine. So let's make it official: from now this day is the International Day of *Days of Our Lives*.

And why not? It seems that every day is special for a particular reason or cause – mostly in a wonderful name of charity.

Red Nose Day, which began in England and Australia in 1988, always sticks in the mind for being the first in terms of inventing something gimmicky to capture attention for the cause, and has remained a huge success and a vital occasion for our SIDS and Kids organisation on the last Friday of every June.

Research suggests that 94 per cent of Australians are aware of what wearing a red nose on this day represents.

The phenomenal success saw more gimmicks on equally special days, like Jeans for Genes Day, Daffodil Day, White Balloon Day... the list goes on and on. There's even the World Mountain Day so we can thank someone for having mountains. Personally, the cleverest day is Star Wars Day, because Darth Vader sends out a message: May the 4th be with you. Most of these days are all for marvellous causes, or to acknowledge special groups in our community driven by an amazing passion to help others. Thank you. But as you will see if you go right through the annual list of special occasions, there are a lot who seem to celebrate a special day because they woke up. Of the 178 days remaining this year (from today, June 6) 152 have been registered as special days, including some "big 'uns" like World Smile Day on October 4, World Post Day (October 9), and World Television Day (November 21) when presumably we complain about what's on the box.

May we suggest that you throw away your calendars and stick a special day system on the fridge. We have listed those for June under the old dates to help you get through the maze. And may we all support SIDS and Kids on Friday, June 28. And have a nice day.



Oh, isn't 'Pop' funny? Eighteen-month-old twins Jack and Charlie Drake of Goolwa think so, and grandfather Charlie Drake got into the spirit to help promote Red Nose Day on June 28.

June

1-30 Bowel Cancer Awareness Month.Organisation: Bowel Cancer Australia, celebrated nationally. Visit: www.bowelcanceraustralia.

7 CafeSmart Day. Organisation: StreetSmart; celebrated nationally to help people who are homeless. www.streetsmartaustralia.org/cafesmart

8 World Oceans Day. Organisation: United Nations, celebrated internationally. The day is a chance to celebrate what the ocean provides for every person. www.un.org/en/events/oceansday/

10-16 International Men's Health Week. Organisation: Men's Health Information and Resource Centre. Celebrated nationally. www.menshealthweek.org.au

12 World Day Against Child Labour. Organisation: United Nations. Aims to focus attention on the global extent of child labour. www.un.org/en/events/childlabourday/ **14 World Blood Donor Day.** Organisation: United Nations. www.who.int/worldblooddonorday/en/

15 World Elder Abuse Awareness Day. Organisation: United Nations. www.un.org/en/events/elderabuse/

16-22 Drug Action Week. Organisation: Alcohol and other Drugs Council of Australia. National campaign. www.drugactionweek. org.au/ **Refugee Week.** Organisation: The Refugee Council Of Australia. Used to inform the public about refugees and celebrate positive contributions made by refugees to Australian society. www.refugeeweek.org.au/

17 World Day to Combat Desertification and Drought. Organisation: United Nations. www. un.org/en/events/desertificationday/

17-21 Philanthropy Week. Organisation: Queensland Community Foundation. National

Continued P9





From P8

campaign to raise awareness of philanthropy itself, and honour those who make an outstanding contribution to the community. www.qcf.org.au

20 World Refugee Day. Organisation: United Nations. www.un.org/en/events/refugeeday/

21 MND Global Day. Organisation: MND Australia. National event that raises awareness of Motor Neurone Disease (MND). www.mndaust. asn.au/global-day/

23 MS Brissie to the Bay Bike Ride.

Organisation: Multiple Sclerosis Queensland. National fundraising event for Multiple Sclerosis. www.brissietothebay.com.au/ World Elder Abuse Awareness Day. Organisation: International Network for the Prevention of Elder Abuse. www.inpea.net

United Nations Public Service Day.

Organisation: United Nations. www.un.org/en/events/publicserviceday/

International Widow's Day. Organisation: United Nations. Provides an opportunity to give special recognition to the plight of widows and their children in order to restore their human rights and alleviate poverty through empowerment. www.un.org/en/events/widowsday/

24-30 World Continence Week. Organisation: Continence Foundation of Australia. www. continence.org.au/events.php/128/world-continence-week-2013

25 Day of the Seafarer. Organisation: United Nations. Celebrates the unique contribution made by seafarers from all over the world. www.imo.org/About/Events/Pages/Day-of-the-Seafarer.aspx

26 International Day against Drug Abuse and Illicit Trafficking. Organisation: United Nations. www.un.org/en/events/drugabuseday/

28 Red Nose Day. Organisation: SIDS and Kids. Red Nose Day is the national fundraising event day for SIDS and Kids held throughout June. www.rednoseday.com.au/

29 World Scleroderma Day. Organisation: Scleroderma Australia. www. sclerodermaaustralia.com.au/



Having a whale of a time at the McDonald's Camp Quality puppet show... (from left) performer Shannon Mackowski, puppet Dean, audience members William, four, and Alana, nine, of Rose Park, Kylie, the other puppet in the brilliant show, and co-performer Elleni Karagiannidis.

Whale play time in the park

The sixth-annual Whaletime Playtime Festival at Warland Reserve and the season city lauch events were another huge success, so let's welcome the whales.

The Victor Harbor Council, and the SA Whale Centre did a superb job in organising and presenting both events that were certainly a big hit with the children - despite the weather being unkind at the SA Museum last Friday.

Among the features at Sunday's festival was the very popular and creative Camp Quality Puppet Show presented by Shannon Mackowski and Elleni Karagiannidis. Their entertaining show, which is embarking on another state-wide tour to spread the message of support for kids with cancer through the brilliant McDonald's program, captured the attention of children and the hearts of adults. Well done Shannon and Flleni.

The city launch achieved its aims with good attendances from schools, and great coverage through the media promoting the fact whales



were here, which of course benefits the community by helping local businesses. Community service organisations also attended the festivsl, and with concerts, exhibitions and rides for the children there was a great family atmosphere. There was one entry fee to cover all costs, which was welcomed by parents who knew exactly how much they would spend.

The event also included free entry to the SA Whale Centre, further adding marvellous promotion for Victor Harbor.

Overall, the whale season launch and the Playtime festival went extremely well, but ofc course, there's no real show without the whales.

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A slice of community cake awaits you

lobally, the local branch of St John, with its senior volunteer base of 11, is merely a speckle on its own 50th birthday cake, but it is a bright one. It is part of the Order of St John which traces its origins back 900 years to the Knights Hospitaller, and today with 42 national organisations covering 400,000 volunteers it continues to draw inspiration from its Latin motto. Pro Fide Pro Utilitate Hominum. or 'For the Faith and In the Service of Humanity'. There is rarely a local public event where St John is not represented; officers, and especially cadets with their traditional black uniforms and white first aid kits slung over their shoulders, have been part of our community and a wonderful symbol of the organisation since 1963.

Michael Koch, the Victor Harbor officer of administering command, is not sure how this local unit will celebrate its 50th birthday. We may presume a get together of some kind; the mandatory cake and song, perhaps entertainment in the form of repeated stories of how members have long walked the streets and those passing by have sang their praise. If you would like some cake and eat it to, you are invited to become the equal 12th adult member of this amazing group. Our local division needs you, and the meaningful roles are not all about literally getting blood on your hands. You may help in administration or by doing other meaningful tasks.

You will be alongside Dorothy Cook, who is superintendent of the cadets and recently earned life membership of St John after more than 40 tireless years, and with other marvellous servants Pat Lovell, the division training officer, John Woodhouse and Nedra Haines, last year received a service award, sharing 113 years of service between them. There is also Marianne Johnson who does administration, Nigel Hollingsworth, Peter Watmore, Cheryl Tamlin, Wayne Cornish, Sarah Brown and, of course, Michael. A marvellous bunch of volunteers we have, yet they each consider themselves as ordinary people who simply like to help others. Their ethos is no different to the nearby St John teams





Michael Koch, officer of administering command for St John at the Victor Harbor, by the unit's field van.

at Yankalilla and Goolwa; they enjoy committing themselves to only the hours they can only afford, and treasure the camaraderie. Michael, 68, started learning first aid at St Andrew's **Primary School** in Walkerville and developed his skills during his 41 years with



SA Fisheries. As with the other volunteers, he feels needed because if they weren't there to attend to relatively minor issues our ambulance service would be vastly overloaded, possibly leaving life-threatening cases waiting.

"St John is a not-for-profit organisation that relies on volunteers for its workforce, and it needs its community for support," Michael said. "Because it has always been there, people assume that it will go on and on. "Divisions right across the state are experiencing low numbers. Here at Victor Harbor we manage to recruit a couple of people each year to just maintain a division that is functional, but it would be good to have additional members to ease the workload and plan for the future.

"Some people become confused with what we do, believing we still have the St John's Ambulance Service, with that part separating or being restructured and becoming SA Ambulance in 1993.

"St John works in the community in the background, and we are available for a state disaster situation; we are trained and equipped to provide that service.

"Our unit was there at the recent bushfires at Cherryville, supporting and treating the firefighters as they came off the field, washing their faces an attending to small cuts. It was satisfying knowing we helped.

"Years ago, when we had the ambulance service, St John had 50-60 members here. These days, people are just time poor. For some, making a commitment to something has become low on the order of priorities.

"The commitment is not too great. Members are required to do a minimum 12 training sessions a year to keep skills up, and 50-60 hours at community events. It covers the obligation for the training that you receive, which is of immense value in everyday life and of a big advantage in the workforce. Some members here do 600 hours a year, but only because they want to."

Michael said he enjoys being involved with St John because he loves the contact with members of the community, and knowing people are able to relax because St John is there to provide a service.

"People go past us and say 'great to have you here'. A good example is Schoolies Week where we get thousands of kids here and we work at the treatment centre or patrol the streets.

"The kids just want to give us high-fives and say 'thanks'. You asked me why I love doing this; it's that recognition, and it tells me something about the character of the kids. Trust me; it is special." CL

To join St John or find out more information, you are welcome to attend training on Wednesday nights 7.30-9.30, and cadets Thursday nights 6.30-8.30 at the local headquarters, 47 Torrens Street, Victor Harbor. People may also call 1300 360 455 or visit www.stjohnsa.com.au for details or to make a donation.

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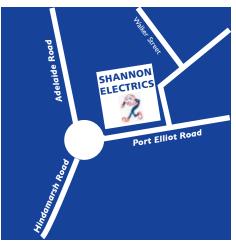


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When your community is about you

ou may see a giant yellow pig wandering the mall at the Goolwa Shopping Centre on Saturday, June 8 and share a laugh with the kids, but this is serious business.

The presence of the symbolic Pig E. Bank is part of another presentation of cheques to community groups from the Goolwa & District Community Bendigo Bank; its charter to give money back to you, hence the marketing slogan, it starts with 'U'. As the local branch chairman Carol Gaston puts it to sporting and community groups, 'if we help you, you help us so we can help you even more'. "It's getting that message across," she says. Yet, despite the campaigns, indeed the clear notion that it is a community bank in the true sense with everyday people as shareholders, there is evidence to suggest throughout Bendigo's Australia-wide branches that people still believe there is a catch of some kind. Not in the slightest. The Goolwa & District Community

branch will this weekend again show its local support by presenting cheques to support groups and projects relating to the University of the Third Age, the Scout and Guide Hall, Goolwa, Port Elliot Primary School, Southern Fleurieu Cancer Support Group, Port Elliot Town & Foreshore Improvement Association, and Goolwa Day Care Centre. This takes its donations to almost \$70,000 over the past three years, making it the most significant local sponsorship behind Alexandrina Council projects.

The sponsorships have always been gratefully received and acknowledged, like the Friends of the Oscar W group recently when its president Graham Pratt and crew members paraded the community bank message along the River Murray. We are talking about volunteers who between them donated 14,000 hours last year to this magnificent centuryold paddle steamer for our benefit, and the G&DCBB in turn



supporting their cause. "We received money from Bendigo Bank for marketing and sponsorship even before we opened our doors two years ago last May," Carol said. "That's gone into the community that would not have gone back in otherwise. "We have put in place our biannual sponsorship process that we do in April and September each year, and we are allocating \$6000-\$10,000 each time. We are also looking at longer-term relationships with some of our sporting clubs. We are currently negotiating with four clubs to look at sponsorships over a three-year period.

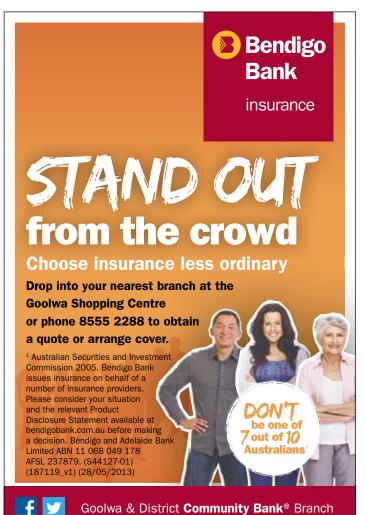
"We are trying to inform the membership of those clubs the benefits of the community bank... if they buy a product such as insurance, finance or take out a loan we will keep a register and we will consider adding to our base sponsorship an amount according to the business we receive from the membership. "Now that community groups and sporting clubs know we exist, it is a matter of getting to the members, and us as a community bank also understanding their needs.

"The difference with a community bank is that it is owned by the community, in our case by 200 shareholders who live in this community. There is a 50-50 profit share with Bendigo Bank, which is a franchise. Our branch is owned by shareholders called Alex Invest Community Services, which uses its 50 per cent share of profit to pay all overheads including wages. Once that's paid for we split our remaining profit with 20% in shares and 80% in good works." The G&DCBB recently



Top: A sign of support and appreciation by Friends of the Oscar W. Above: New G&DCBB branch manager Michael Bastian.

appointed new members to the board - Tracy Parkes, whose commitment to the community and financial knowledge is highly commendable, leading to her appointment as treasurer, Bart O'Brien, who has a background in health and solid HR and governance knowledge, David Jackson, with sound experience in small business development and governance, and Claudia Goldsmith, from an account firm in Adelaide and on the Alexandrina Council audit committee. According to Carol, together they have added significant depth to an already highly-professional skills base. Also, the G&DCBB has appointed Michael Bastian, who has 15 years experience in the banking industry, as its new manager. He and his wife, Peta, have three young boys, and are building on Hindmarsh Island. Not a skerrick of Michael's impressive credentials will prepare him for the experience of co-hosting the presentation of cheques to community groups alongside a character like Pig E. Bank on Saturday from 11am-1pm, but this event is not really about them - it's about "U".





Vol. 1, No. 8 June, 2013

This is Australia... enjoy the lifestyle



Jim Connery at Ray White Aldinga presents some quality new listings – and a challenge at a bargain

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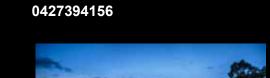
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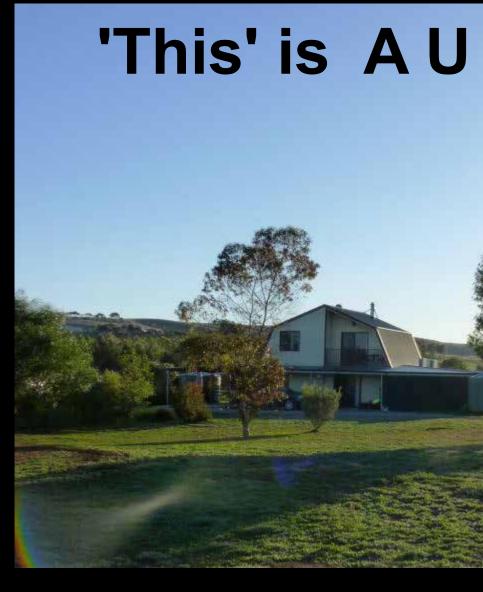
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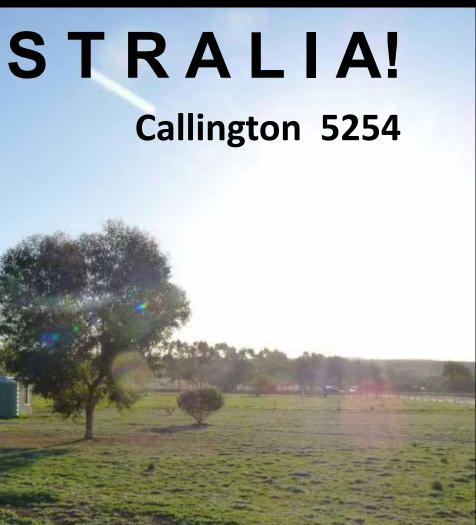
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Ray White Jim Connery 0404 333 426 8557 6600 jim.connery@raywhite.com

14 Sedge Street, ALDINGA BEACH

This stylish home situated in the beautiful Sunday estate is within walking distance of the beach, schools & public transport. Features 5 bedrooms (main with WIR, bed 2,3,4 with large BIRs), large ensuite with corner spa bath, contemporary kitchen with gas oven & dishwasher, providing access to the rear for the open plan family/dining area, sep formal lounge, study area, family bathroom + 2nd sep W/C, large games room, quality fixtures & fittings throughout, ducted reverse cycle heating & cooling, auto lockup double garage, double side gates \$429,000 - \$459,000



boat or caravan, large all weather entertaining area, 3 panel/400ltr solar hot water system with an instantaneous gas-boosted back up. Low maintenance gardens complete this great family home.

Ray White Aldinga, Shop 6, Old Coach Rd, Aldinga



7 Mitchell St, MASLIN BEACH

For permanent lifestyle or holiday luxury, this home is a surprise package. Split level living with three levels & 3 bedrooms. Designed for comfort & style you can sit on the balcony & enjoy

a spectacular sunset, or just throw on thongs & walk to one of the nicest beaches in the country. There is a roomy back garden that would be perfect to store a boat or caravan or for kids to play & a double garage



plus an office/workshop/studio downstairs. This home has plenty of natural light & use of timber features and will intrigue and delight. A definite must see. \$395,000 - \$420,000

7 Gumeracha Road, O'SULLIVAN'S BEACH

2 bedroom home located on a 751m2 corner block providing the opportunity to sub divide or redevelop STC). Tenants in place until March 2014 providing an income on your investment while you obtain the necessary approvals should you decide to redevelop or sub divide. The home was built in 1970 & has polished floors in the lounge area & bedrooms, original kitchen, large lounge area, separate dining room or 3rd bedroom, 1 bathroom & parking for 2 cars.



Lots of TLC is required if you were to renovate, as the home is in very poor condition. \$220,000

37 Kipsy Street, ALDINGA BEACH

This home is designed to accommodate a large or extended family with 5 Bedrooms & two separate living areas. There is a breakfast bar & huge walkin pantry in the kitchen adjoining a dining room

that would cater for any occasion. A separate theatre/games room will take you away from the main living area. Ducted heating & cooling through-out & solar panels on the



roof for the energy conscious. Located in the Sunday Estate just a short walk to the beach & the famous Aldinga Scrub.

\$365,000 - \$400,000

2 Croser Avenue, ALDINGA BEACH

JUST A STONE'S THROW FROM THE BEACH! A beautifully-levelled block of land, only a five minute walk to Aldinga Beach. Close to shops, schools and other necessary facilities. Why not build a twostorey home for sea views (STCC)?



\$135,000 - \$149,000

10 Kipsy Lane, ALDINGA BEACH

PRICE REDUCED

Fronts onto Park. This comfortable, surprisingly large, 4 bedroom home has 2 sep living areas & a fantastic undercover outdoor entertaining area. A great feature that is unusual is the

double garage car accommodation that is accessed from the rear of the property. This home is just a stones throw from the beach in the heart of the prestigious Sunday Estate known for well maintained parks & right on



the edge of Aldinga Scrub, a place of beauty & wonder. Features include: workshop/studio, solar hot water - gas boosted & RWT feeding toilet cisterns.

\$375,000 - \$390,000

1/55 Zephyr Terrace, PORT WILLUNGA

Fantastic investment property within walking distance of the Port Willunga Beach, Star of Greece Cafe, local Schools, Aldinga Shopping Centre & public transport. Featuring: 2 Bedrooms,

lounge / dining with split system air conditioning, functional kitchen with ample cupboard space, paved undercover outdoor entertaining area, spacious rear yard with



established fruit trees, under cover parking. This property is currently tenanted until September 2013@ \$240.00 per week.

\$225,000 - \$245,000

A medal-winning performance



he date didn't get off to a promising start. Mrs P ordered the Pork Belly as the mains at the sensational Anchorage restaurant, and made a cutting reference to yours truly. Sitting a comfortable distance to the old boiler transformed into a heater not only provided the perfect warmth and amazing ambience, but an equally-curt response. This was going to be one of those nights; desperate flashes of hope came that the second mains would be easier to slice than the atmosphere at the table.

But there is always something special about this 1906 State Heritage building, built by James Halliday and first known as Warringa Guest House. That same morning we were there when the place was buzzing with coffee beings oblivious to the effects of the wicked cakes, and here we were again for dinner, only this time in a seemingly cosy hideaway. At night, the perfect lighting raised the profile of the pitted buffed speckled stone shining floor, and with other superb examples of clever décor like the character-enriched old workbench with its vice intact, the best is always brought out in everyone.

Besides, the mood needle always moves a few crucial notches when you are greeted by the politeness and well-paced kind attention from staff Sammy and Gemma. Now we were in a positive frame of mind to test the Anchorage and its remarkable ability to transpose to suit every occasion.

The wine list was just right; not an overflow of choices. Hey, it's their job to select the finest so why make up the numbers unnecessarily? The choice was a Dog Ridge Sauvignon Blanc, known as The Pup, and created on Bagshaw's Road, McLaren Vale. This introduced the perfect romantic chat; memories of SA and Sturt football great Paul Bagshaw, and this wine also had silky skilled qualities. The observation that the Anchorage was charging a paltry \$8 by the glass and he wore the No.8 on his back drew an equally chilling blank.



Anchorage

Café, Restaurant, Wine Bar 21 Flinders Parade, Victor Harbor

Open seven days from 8am.

T: 8552 5970

Our bill: Wine (bottle) \$30; entree \$14; mains \$55.50; dessert \$12. Total: \$111.50

Realising football was not going to be the entrée to romance, the decision on the starters was handballed to Mrs P - a fine selection of dips... tzatziki; beetroot & pistachio with feta; hummus. At just \$7 each, or three for \$18 and served with warm pita bread, this was not only excellent value but a really nice starter. Mrs P's opening dig wasn't quite right anyway, because her slow-roasted Pork Belly with cider-braised red cabbage pancetta, kipfler potatoes and fresh peas was certainly not fatty; the pork was sensational... smooth and scrumptious and definitely worth a try. It was one of those special, incredibly-tasty meals that you may not be able to cook at home, but always yearn. Price: \$28.

Yours tried the Souvlaki char-grilled skewers of lamb with sweet roasted veggies served on lemon and herb rice. Price: \$27.50. Again, it was not something one may normally be able to master in the home kitchen, providing a feeling that this really was a special occasion. Chef Josh Dorset had triumphed again; what a champion; give him a medal.

Mind you, the main course selections weren't easy. Tempting was the Pasta of the Day... Putanesca – anchovies, olives, tomato, garlic, capers, Spanish onions, chilli and fresh herbs. At just \$19, and an \$8 glass of The Pup, it was easy to see why the Anchorage was so popular. It's that fine art of having just the right amount of choices to cover all bases... like "Baggy",

Of course, being by the sea, the Anchorage offered a perfect choice of seafood with

locally-sourced mussels served in a tomato and chilli broth with crusty bread. Again, exceptional value at \$22. There were equallytemping steaks on offer, especially char-grilled eye fillet at only \$34.

The rules of delicious engagement decreed one attempt a Chocolate & Avocado Tart, which is dairy and gluten-free, and vegan. 'Baggy' may have brushed aside the cream tarts of the 60s and 70s football world, but this \$12 highlight had the better of us. The over-riding feature of this restaurant in an incredible building and at a great location is the fact it is all class in terms of the quality of the food and wine, indeed the service, yet offers excellent choices on the menu at very reasonable prices. It makes it a special occasion for everyone and a perfect reason to try the Anchorage's Friday Spanish Tapas nights from 4 o'clock. Be tempted by the fine Spanish wines; explore the international beers; this place is a Friday night adventure. As our date was drawing to a close, Mrs P remarked how clean the windows were, which seemed another of her increasingly nonsensical moments that lead to a headache, but upon reflection (pun intended) it suggested that if someone went to all this trouble keeping the windows clean amidst the day's dust and drizzle then you could be sure the kitchen was also spotless. Trivial, yes, but it further tells you of the effort the Anchorage

puts into every detail. It's why this team has

won so many best and fairest awards.



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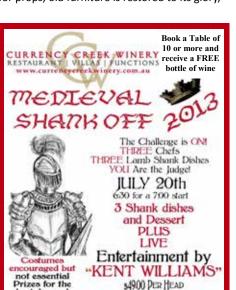
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A long way from Oil Dump Lane

t's not quite Oil Dump Lane where rag and bone men Albert and Harold lived in that fabulous BBC comedy *Steptoe and Son* which ended almost 40 years ago, but the Goolwa Salvage and Save shed does offer nostalgia – at times, a laugh – through its old wares. Here, most of the junk has been an integral part of a family's life and become another man's treasure. The most absurd things are picked up by photographers and filmmakers for props, old furniture is restored to its glory,



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and if surprisingly you cannot find what you're looking for simply add it to a list through social media and rest assured one day it will turn up. However, like that television series, not everything is as it seems. Wilfred Brambell, who played the role of Albert, was only 13 years older than Harry H. Corbett (Harold) in real life, and this place at Goolwa that we may see as a dump is actually one of the most innovative places in South Australia. It is where some members of Finding Work Solutions, a not-for-profit employment services company, have become genuine contributors. They just happen to have a disability.

Basically, these guys sort out the gear we drop there, put the salvageable goods to one side, use their new skills – some self-taught – to fix the things, and re-sell them as goods. Jobs are created for people based on their ability and application rather than charity, and we don't have to bury what was deemed as junk. Hooray; win all around.

And then we can go on to the workers who have also earned respect not pity while maintaining parks/properties and gathering/ selling firewood and suddenly Finding

have also earned respect not pity while maintaining parks/properties and gathering/ selling firewood and suddenly Finding Workable Solutions is playing a huge role in helping our employment issues. Again, for people who just happen to have a disability. The concept was the brainchild of general manager business development Anita Saunders seven years ago, and the Goolwa operation was launched in conjunction with the Mount Barker site. Since then FWS has expanded this initiative to the Elizabeth and Murray Bridge regions where job opportunities have been created for people with a disability. FWS is partially funded by the Department of Families, Housing, Community Services and Indigenous Affairs via Australian Disability Enterprises and provides employment services support via Disability Employment Services and Job Services Australia which allows them to use these ventures for much needed work experience opportunities.

Importantly, the success of the Goolwabased Salvage and Save outlet has led to other successful ventures that also embrace opportunities for those with a disability, including South Coast Firewood and Fleurieu

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The feeling that you have helped wonderful people and the community, and dealt with a land fill problem is rewarding."

 Salvage and Save operations manager
 Michael Berndt, pictured right with Goolwa manager Michelle Muldowney.

From P18

Lawns and Gardens Services, plus enterprises outside of the region relating to sewing products, car cleaning, document destruction, promotional packaging and a brilliant Kangaroo Island Youth Services program. Finding Workable Solutions employs almost 40 people who have a disability across the Fleurieu, including 17 at its Goolwa operation, who otherwise might not have gained meaningful employment.

Ros Rohde, general manager corporate services, says the jobs are not contrived; they are real. "These people may not have got a job if the program didn't exist, and it is also providing an environmental solution," she adds.

"The workers with a disability feel so proud to work; they appreciate that our organisation is there to provide a supported work environment for them. We also put a fair bit of effort into their skills and training to make sure they are comfortable in their roles.

"Some have learned things like tag and testing with electrical goods. There is rotation of duties, which again broadens their skills. Whether it is retail, straight recycling, the pulling apart of goods and breaking down to components, they focus well.

"We are also an organisation that is looking at taking recycled materials and making another product from that.

"We are a genuine business, and the only way to be judged on that is asking if we did not exist, whether there would be a problem. The community has a land fill problem that needs a solution. If we did not exist then these goods would have to go to land fill."

It also seems that we have progressed well since the fictional Oil Dump Lane site. Few could have imagined in Steptoe's day that we



could get on to a website like www.fws.org. au and be able to list the "junk" items we are looking for, or use forms of social media like Facebook to get updates on products that have just arrived.

And we can say with authority Steptoe and Son were never recognised for their outstanding service, like Goolwa Salvage and Save manager Michelle Muldowney, who recently earned a customer service award presented by the local Southern Alexandrina Business Association.

As Salvage and Save operations manager

Michael Berndt, who heads a brilliant team across all sites, said, come every Friday night the staff go home feeling good about their week's work. "The feeling that you have helped wonderful people and the community, and dealt with a land fill problem is rewarding."

If you are planning to dump items that may be useful to others, contact Finding Workable Solutions at its Goolwa Salvage and Save site on 8555 1188 and staff will gladly collect them.



The Corio Hotel # Meal deal! Railway Tce, Goolwa BOOKINGS: 8555 2011

*Present this voucher and get the second or lowerpriced main meal for just \$10 Monday-Thursdays!



NEW! Tuesday fish nights

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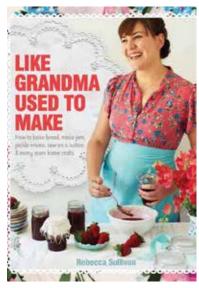


Grandma would have been proud

We've been saying it for years: "...just like Grandma used to make." It's now the title of a new cookbook by Rebecca Sullivan which was recently launched at Alexandrina Cheese Company.

However, the event was also very much about "Australia's Biggest Afternoon Tea" and proceeds went to a wonderful cause - Cancer Council SA, which was celebrating 20 years of fundraising. Rebecca, a self-taught cook, eco-agronomist, food writer and television presenter, is part of the new 'granny skills' movement - a growing community of women. They share and preserve traditions of older generations by collecting and passing them on. It was a brilliant launch, and Rebecca's remarkable story – not to mention her outstanding book – was special.

Find out more about Rebecca and her new book by visiting her website - http://www.dirtygirlkitchen. com/meet.html









Pictured at the launch and Cancer Council SA fundraiser were above left, from left: Meagan Harrison, Rebekah McCaul and Rebecca Sullivan; centre: Rebecca Sullivan, Vanessa Mulhall. Rebecca Sullivan; and above right: Judy Tuohy (left) and Ann-Marie Simpson.

Oh no, Carlotta is on the move again

It's been the laugh of Goolwa - Carlotta and Bo Bo parting ways. Like something out of a real soapie, this lovely couple are dummies literally. Carlotta was created in her wedding gown to follow a European tradition of guests pinning money to the gown, but in this case it all goes supporting those in the region who have endured breast cancer. Bo Bo usually has a surfboard under his arm, and stands there bored in Olaf Hanson's Bombora Café at Goolwa Beach. The trio is pictured right. It's all in fun, and the girls behind this marvellous cause have another big fundraiser, a 'High tea' on October 16 following the success of 'Bustin' Out' last year. Meanwhile, Carlotta is looking for another 'man" in shopping malls,



down every street and everywhere else around Goolwa... she's desperate; pin money to her and she might give you a kiss.

BOOKS WE READ... Pages & More

These are the books we are reading based on the best-sellers at Pages & More in Ocean Street, Victor Harbor:

- 1. Fleurieu Birds by Peter Gower \$39.95
- 2. Unlikely Friendships by Jennifer Holland \$19.95 Gift book
- 3.And the Mountains Echoed by Khaled Hosseini \$32.99 Fiction
- 4.Burial Rites by Adelaide Author Hannah Kent

\$32.99 Crime

5.Anzac Biscuits by Phil Cummings \$24.99 Childrens Picture Book

6.5:2 Cookbook by Angela Dowden (Fasting Diet) \$14.99 Health

7.CSIRO Diet Recipes on a Budget \$35 Health 8.Z: A Novel of Zelda Fitzgerald \$29.99 Biog-

9.1 Quit Sugar by Sarah Wilson \$34.99 Health 10.A Delicate Truth by John Le Carre \$29.99 Fiction

Let's go to the local movies!



Ocean Street, VICTOR HARBOR 8552 1325

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The Great Gatsby

(M) Drama starring Leonardo DiCaprio, Isla Fisher, Carey Mulligan, Jason Clarke, Joel Edgerton. Directed by Baz Luhrmann. A mid-western war veteran finds himself drawn to the past and lifestyle of his millionaire neighbor. It follows the life and times of millionaire Jay Gatsby and his neighbor Nick, who recounts his encounter with Gatsby at the height of the Roaring Twenties. Fri, June 7: 2pm, 7.45pm; Sat, June 8: 12.05pm, 4pm, 8.20pm; Sun, June 9: 11.30am, 3.15pm, 7.30pm; Mon, June 10: 11.30am, 3.15pm, 7.30pm; Tues, June 11: 7.45pm; Wed, June 12: 3.30pm, 7.45pm; Fri, June 14: 1.45pm, 7.45pm; Sat, June 15: 1.30pm, 7.45pm; Sun, June 16: 3.40pm, 7.45pm; Tues, June 18: 7.45pm; Wed, June 19: 10.45am*, 3.15pm, 8pm; Sat, June 22: 2pm; Sun, June 23: 1.20pm; Wed, June 26:10.30am*, 3.45pm.

Still Mine

(PG) Drama, starring James Cromwell, Genevieve Bujold, Campbell Scott, Julie Stewart, Rick Roberts. Directed by Michael McGowan. An elderly couple fight against local authorities in rural New Brunswick to build their final home. Fri, June 7: 2.15pm, 6.30pm; Sat, June 8: 10.15am, 2.55pm, 7pm; Sun, June 9: 1.15pm, 6.15pm; Mon, June 10: 1.15pm, 6.15pm; Tues, June 11: 6.30pm; Wed, June 12: 10.30am*, 1.30pm, 6.30pm; Fri, June 14: 1.55pm; Sat, June 15: 4.15pm; Sun, June 16: 1.40pm; Wed, June 19: 1.10pm, 6pm.

Ping Pong

(PG) starring Les D'Arcy, Dorothy DeLow, Rune Forsberg Directed by Hugh Hartford. Veteran TV producer Hugh Hartford's debut documentary feature follows eight senior citizens "with 703 years between them"competing for gold in the Over-80 table tennis championship in Inner Mongolia. Fri, June 7: 4.45pm, 6.10pm; Sat, June 8: 12.15pm, 6.45pm; Sun, June 9: 11.40am, 6pm; Mon, June 10: 11.40am, 6pm; Tues, June 11: 6.15pm; Wed, June 12: 6.15pm; Fri, June 14: 6.15pm; Sat, June 15: 12.01pm, 6.15pm; Sun, June 16: 6.25pm, Tues. June 18: 6pm; Wed, June 19: 10.30am*

Epic

(PG) Long weekend June 8-10, then July 5. Animation, adventure, family film starring Jason Sudeikis, Christoph Waltz, Amanda Seyfried, Josh Hutcherson. A teenager finds herself transported to a deep forest setting where a battle between the forces of good and the forces of evil is taking place. She bands together with a rag-tag group characters in order to save their world - and ours. Sat, June 8: 10am, 1.50pm; Sun, June 9: 2.15pm; Mon, June 10: 2.15pm.

The Hangover Part III

(MA15+) starring Bradley Cooper, Melissa McCarthy, Zach Galifianakis, Jamie Chung. This time the gang hit the road to take Alan (Galifianakis) to a psychiatric hospital in Mexi-co. On route they're accosted by a man (John Goodman) who forces the "Wolf Pack" to track down Mr Chow (Ken Jeong), in possession of \$21 million. Fri, June 7: 4.20pm, 8.30pm; Sat, June 8: 4.55pm, 9pm; Sun, June 9: 4.15pm, 8.15pm; Mon, June 10: 4.15pm, 8.15pm; Tues, June 11: 8.25pm; Wed, June 12: 10.45am*, 4.30pm, 8.25pm.

The Internship

(M) Comedy starring Vince Vaughn, Owen Wilson, Will Ferrell, Rose Byrne, John Goodman. Billy (Vince Vaughn) and Nick (Owen Wilson) are salesmen whose careers have been torpedoed by the digital world. Trying to prove they are not obsolete, they defy the odds by talking their way into a coveted internship at Google, along with a battalion of brilliant college students. But, gaining entrance to this utopia is only half the battle. Fri, June 14: 3.55pm, 8.30pm; Sat, June 15: 2.10pm, 8.30pm; Sun, June 16: 3.25pm, 7.55pm; Tues, June 18: 8.30pm; Wed, June 19: 4.10pm, 8.30pm; Fri, June 21: 4.25pm, 8.55pm; Sat, June 22: 2.40pm, 9.10pm; Sun, June 23: 11am, 8.15pm; Tues, June 25: 8.45pm; Wed, June 26: 2pm, 8.45pm; Fri, June 28: 2pm; Sat, June 29: 12.55pm; Sun, June 30: 2.45pm; Wed, July 3: 10.45am*, 1.50pm.

After Earth

(M) Sci-Fi, starring Will Smith, Jaden Smith, Zoe Kravitz, Isabelle Fuhrman. A crash landing leaves teenager Kitai Raige (Jaden Smith) and his legendary father Cypher (Will Smith) stranded on Earth, 1000 years after cataclysmic events forced humanity's escape. With Cypher critically injured, Kitai must embark on a perilous journey to signal for help, facing uncharted terrain, evolved animal species that now rule the planet, and an unstoppable alien creature that escaped during the crash. Fri, June 14: 4.30pm, 6.30pm; Sat, June 15: 12.10pm, 4.30pm, 6.30pm; Sun, June 16: 1.25pm, 5.45pm; Tues, June 18: 6.30pm; Wed, June 19: 2.10pm, 6.30pm; Fri, June 21: 2.25pm, 6.30pm; Sat, June 22: 10am, 4.40pm, 7.10pm; Sun, June 23: 4pm, 6.15pm; Tues, June 25: 6.30pm; Wed, June 26: 10.45am*, 6.30pm; Fri, June 28: 1.30pm, 6.30pm; Sat, June 29: 2.35pm, 8.55pm; Sun, June 30: 4.15pm, 6.15pm; Tues, July 2: 6.30pm; Wed, July 3: 1.30pm, 6.30pm.

World War Z

(CTC) Action, drama, sic-fi starring Brad Pitt, Eric West, Matthew Fox. The story revolves around United Nations employee Gerry Lane (Pitt), who traverses the world in a race against time to stop the Zombie pandemic that is toppling armies and governments and threatening to decimate humanity itself. Fri, June 21: 4.15pm, 6.45pm, 8.30pm; Sat, June 22: 5pm, 6.45pm, 8.55pm; Sun, June 23: 1.35pm, 8pm; Tues, June 25: 6.40pm, 8.30pm; Wed, June 26: 4.30pm, 6.40pm, 8.30pm; Fri, June 28: 4.20pm, 9pm; Sat, June 29: 4.35pm, 6.45pm; Sun, June 30: 2.05pm, 8.15pm; Tues, July 2: 9pm; Wed, July 3: 10.30am*, 4.10pm, 9pm.

Monsters University

(G) Family, animation starring Steve Buscemi, John Goodman, Billy Crystal, Joel Murray. Mike Wazowski and James P. Sullivan are an inseparable pair, but that wasn't always the case. From the moment these two mismatched monsters met they couldn't stand each other. Sat, June 22: 10am, 12.20pm; Sun, June 23: 11.10am, 3.45pm; Sat, June 29: 10am, 12.15pm; Sun, June 30: 11.45am.

Man of Steel

(CTC) Super hero, action, adventure starring Henry Cavill, Russell Crowe, Amy Adams, Kevin Costner, Diane Lane Directed by Zack Snyder. An alien infant is raised on Earth, and grows up with superhuman abilities. He uses them to guard his adopted world. Fri, June 28: 3.30pm, 6.15pm, 8.30pm; Sat, June 29: 10.10am, 3.15pm, 6pm, 8.45pm; Sun, June 30: 12.01pm, 5pm, 7.45pm; Tues, July 2: 6.15pm, 8.30pm; Wed, July 3: 3.30pm, 6.15pm, 8.30pm.

* 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.







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Meet the Goat Lady

riends and strangers call Denise Riches the "Goat Lady". Busy days she gets up at 4.30 and finishes tending to her herd at ten o'clock that night. It's an 80-hour week, while her husband, James, ex-RAAF, goes off doing his electrical engineering thing. Not a bad day's work for a New Zealand girl with Swiss parents, especially after being a high-profile management consultant for international business audit firm KPMG working with governments in Sydney, Canberra, Adelaide and her home-town Wellington, plus with degrees in microbiology and mechanical engineering. And especially when considering Denise and James were looking for a

10-acre property on the Fleurieu to do the weekend farming bit, taking it in turns flying their two-seater sports version of a Cessna aircraft.

However, there can be life-changing obligations. These guys had a goat, a legacy of Denise's childhood passion when she had one named Dusty. Now they have more than 700, including 200 currently lactating.

Their business – Hindmarsh Valley Dairy – ran by Denise is recognised as one of Australia's finest producer of goat products, picking up the Most Successful Exhibitor Award at the Royal Sydney Show the past three years and an amazing swag of other gold and silver medals for the Best Farmhouse Cheese from around the nation.

Their products including buttermilk, cumulus (a French-style goat's curd light in texture) and



11

It's funny
how your lifestyle
changes. We used
to go to cafes
on weekends for
breakfast; now we
would be lucky if
we go out once a
year; it's a seven
day week thing,
milking twice a
day.

DeniseRiches, ofHindmarsh ValleyDairy

a natural pot cultured yoghurt can be found on Qantas flights and in specialty stores all over Australia except Tasmania. You'll find some at the markets and the health store in Victor Central. The demands for her products are so great almost everything is made to order, and a flood of compliments return.

On any given day at this goat farm on Adelaide Road just outside of Victor Harbor you will find our former high-rise executive in her daggy "trackies" and Wellington boots tending to her goats. The Cessna is nowhere to be seen; sold to pay for fencing, a subtle reminder rearing a herd of *Capra aegagrus hircus*, which were first domesticated 9000 years ago, is not necessarily about the money.

"I just love working with the goats," she said. This incredible couple that dares to follow her passion has no children, just a lot of kids and she loves every one of them.

Their amazing journey began in 2000 when Denise and James were living in Adelaide and fell in love with the Fleurieu.

"We were looking for a 10 acre block to just set up for a weekender or retirement, and we realised that 100 acres was cheaper than 10 acres," Denise said.

"We both had farming backgrounds so we bought the 100 acres and then thought, 'what in the hell are we going to do with it?' We somehow bought 12 Alpacas so we bought a small flock of 12 Angora goats to deal with the weeds."

The Riches then bought sheep, and after realising their future wasn't in the fibre or meat side of the venture, James focused on his real job while Denise toyed with goat cheesemaking ideas for 12 months and created something special.

Continued P23

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more give, less take

They purchased another 100 acres and more goats in 2004, and suddenly the business was serious, certainly not without its heartbreak. Denise likes to believe the definitive secret to her ultimate success was the fact she cares for the goats – how they are reared and looked after.

"We farm so we produce the milk ourselves," she said.

"We care for the goats' health, and we have total control of the milk and its quality. We are not certified organic, but we run it using organic principles.

"Goat milk is fragile. The molecules are very small, and the milk must be really fresh... if it's agitated, stored or sent through lots of pumps it gets a strong and gamey flavour which is what people typically equate with goat cheese. It's because the milk is not the freshest and has had time to degrade, without going off. "We have a policy to use the milk immediately while it is still warm. It doesn't go into a vat, doesn't cool down or get agitated; it goes straight from the dairy. We hand cart it into our cheese vat and that makes the product very light and clean with a sweet flavour. "We hand make the cheeses so there is no equipment other than our pasteuriser. Everything is hand-ladled so the curd is treated very gently."

Denise admits there has been the frequent thought, 'why am I doing all of this?' especially when things haven't quite gone right. "When it has got tough we have thought, 'should we give this away?', but I cannot think of anything else that I would prefer to do. It's the passion for tending to goats.

"We do get emotionally attached because we hand-raise them. Some of my older girls



– the grannies – are 14 years old so we have enjoyed that long-term interaction. They have personalities. We care for them; they are not just goats.

"It's funny how your lifestyle changes. We used to go to cafes on weekends for breakfast; now we would be lucky if we go out once a year; it's a seven day week thing, milking twice a day. "But this is a lifestyle choice. My husband will come home and talk about what his mates have been doing, the latest car they have bought and their latest holiday, and I say that would be nice. But then I think they are not



paying for a farm and have to do the stuff we need to do. For us, every day is different; some are wet and miserable, or a goat might be sick, but other days it is just brilliant.

"We feel great knowing a lot of our market goes to people who are organic or have an allergy, because goat milk is good for allergies. It is also A2, which some people find easier to digest. We feel honoured because we are the only dairy in the state licensed to do raw milk, and the only goat dairy in Australia licensed to sell raw milk cheese. We have our niche markets."

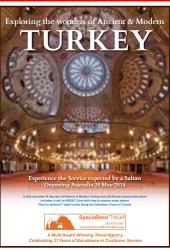
Hindmarsh Valley Dairy is also special because it refuses to cut the horns off the goats when they are young. "It is a cruel process," Denise says. "Besides, we have problems with foxes and eagles so the goats need to able to protect themselves."

And if you have ever doubted how much Denise loves her goats, she refuses to send the "old girls" to the abbatoir. "You wouldn't send your dog there," she declares. Instead, Denise puts them out to pasture in what she calls the "Granny Paddock". What a nice idea.

You owe it to yourself to COMPARE one tour with another, by all means collect all the brochures from various Travel Agents, then sit down and carefully compare the hotel standards, itinerary, meals and importantly the COST.

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Laugh Lines

Gotta be stiff

A bloke is shipwrecked in the Pacific, and swims to an island where, amazingly, he finds hundreds of people who are either teachers, plumbers, electricians or mathematicians. Desperate for help, he goes up to a mathematician sitting in a corner crying his eyes out. "What are you crying about?" the bloke asks. "I've been on a raft for five weeks dying of thirst and hunger, and here you are with every reason to enjoy yourself but you're

The mathematician says: "You don't understand... we're all over 120 years old here and we're wanting to die but we can't." The bloke says: "What do you mean?" The mathematician says: "Well, the old teachers don't die they just lack class, the old plumbers don't die they just go down the drain, and the old electricians don't die they just lose their spark."

The bloke is amazed. He says: "And what about you, as a mathematician will you die?" The mathematician says: "Oh heavens no, I am suffering a fate much worse than that. Mathematicians don't die; they just don't count anymore."

Made to order

Sam and Mick, two young blokes yet to experience the world, are looking through a mail-order catalogue, and Sam says: "Hey Mick, look at these gorgeous women... and the prices are reasonable too."

Mick agrees. "I'm ordering one right now." Three weeks later Sam says to Mick: "Has your woman turned up yet?"

"No," says Mick. "But it shouldn't be long now... her clothes arrived yesterday."

Terrifying ordeal

James is on his way home from the city on a miserably cold and stormy night, and after his car breaks down he starts hitchhiking. Barely able to see two metres in front of him, he sees car lights slowly coming toward him and it stops. Desperate for a lift and shelter, he gets in and shuts the door. He turns around and notices that no one else - we mean no one – is in the car and the engine has stopped. As the wind and rain lashes the windscreen,

and the noise becomes deafening, the car moves again, and as James sees a bend approaching his heart rate soars. Petrified, he starts praying for his life, begging for mercy. "Please, please," James shouts to himself. "Don't let me die this way."

Just before the car hits the curve a hand appears from nowhere through the window, and turns the wheel. Paralysed with terror, he watches the hand disappear again.

As the car starts slowly rolling once more, James sees a light through the rain... it's a pub. Quick as a flash he jumps out of the car and dashes through the front bar door. He starts telling people at the bar his incredible story of terror, and they are amazed to see someone there crying without being drunk.

Suddenly, the bar door opens again, and two other people walk in from the torrential rain and howling wind. There is a hush. Then one of these strangers says to the other: "Look, there's that idiot that got in the car while we were pushing it."

A husband's nightmare

A man is sitting in a ladies dress store waiting for his wife. After 45 minutes, and nine outfits, the wife comes out of the changeroom, looks at her husband, and says: "Well, what do you

The husband says: "Oh, that's nice; buy that one."

And the wife says: "This is the one I was wearing when we came in."

Dad jokes...

What animal has more lives than a cat? A frog. It croaks every night.

What is an archaeologist? Someone whose career is in ruins.

What has eight legs and goes up and down? A spider in an elevator.

Why did the policeman use a ruler when he questioned the witness? He wanted to get the story straight.

Why did Sally give up on her ballet lessons? Because they were too too difficult.

How many tickles does it take to make an octopus laugh? Ten-ticles.

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It's the 'old' Crows who never stop



Scott Welsh (with the ball) leads his teammates out at half-time.

From back page

"I joined Encounter Bay because Welshy was here," Perrie said. "This was the only club I spoke to... I was playing in the amateur league, at Pulteney for four years, which was great, but I just needed a change.

"Coming here has freshened me up. I have met a whole bunch of new guys who are very passionate about their footy. They are committed to the cause and they're great to be around.

'It's hard on the old body. I'm not getting any younger, you know. You get to a stage where you feel you have a few kilometers yet on the body, and you start to enjoy feeling a bit of pain. It makes you feel alive."

Welsh had a year off from football in 2011 and said he was glad he came back to play for Encounter Bay because they looked after his kids really well while he was out on the field. There in the rooms after the game was his four-year-old son, Sonny – blond hair and a left-foot kick just like his proud dad – and also enjoying a kick outside was Tyler, six, a right-footer.

"I am having the time of my life," Welsh said. "I have only got a few more years to play so I've got to make the most of my opportunities. I am not getting any younger either.

"I guess a lot of people say we're getting a lot of money to play for Encounter Bay, but they don't understand why players want to keep playing the game. I don't listen to the stories. Footy's in my blood, and I will play as long as I can; I just love the game, that's all."



RECIPES... with Rebekah from Alexandrina Cheese

Maisie's Grown-up Bread & Butter Pudding

Ingredients

125g cinnamon butter* stale bread, fruit bread or brioche (approx 6-7

180-200g mixed dried fruit soaked in whisky 3 eggs

235ml Alexandrina Full Cream Jersey Milk (available in 2L bottle)

235ml Alexandrina Pure Jersey Cream (available in 300ml tub)

grated lemon rind

a good measure of whisky

60 g caster sugar

A good scrape of fresh nutmeg or mace (optional)

*mixing 1 tablespoon of cinnamon into the butter to make an infused cinnamon butter

Method

Butter an overproof dish with some of the cinnamon butter.

Spread the bread with the remaining butter, taking it right to the edge. You may remove crusts (if desired), and cut into neat triangles. Take the fruit out of the whisky in which it has been soaking.

Place the triangles neatly in the dish. Sprinkle the fruit in between the slices evenly. Beat the eggs, Pure Jersey Cream, Full Cream Jersey Milk and lemon rind together, adding any remaining whisky plus a good measure more. Add the sugar and nutmeg or mace if desired.

Pour mixture over the bread and fruit. Sprinkle a little more sugar over the peaks and bake in a preheated oven at 180 degrees C for about 30 minutes or until it looks crisp and golden.



Cheesey Chat with Rebekah

Selling milk was not part Alexandrina Cheese's original plan – the customers requested it, and then lapped it up, along with the pure Jersey cream.

Part of the secret to flavourful full cream Jersey milk is that Jersey milk contains large globules of fat. Dairy farmer and head cheesemaker Dan McCaul says the large globules help the feel in the mouth, and also digestion.

"Homogenisation smashes them, so we don't homogenise the milk," Dan explains to Michael Symons in his book *One Continuous Picnic*. Alexandrina full cream Jersey milk is pastuerised, a legal requirement in Australia, but non-homogenised. The Jersey milk has a much higher protein and butterfat content, producing the kind of thick, velvety cream our grandparents remember.

Bottles of Alexandrina full cream Jersey milk, and Alexandrina skim Jersey milk (both 2lt) are available from Alexandrina's loyal and supportive stockists.

Be healthy with OPAL

with Linda Scholz, manager of Obesity Prevention and Lifestyle program that encourages children to be healthy, presented by Alexandrina Council. www.opal.sa.gov.au

Chicken Patties

Ingredients

1kg chicken mince

½ cup spring onion, finely chopped

½ cup grated carrot

 $\frac{1}{2}$ cup fresh coriander, chopped

1 tablespoon sweet chilli sauce

1 cup Weeties cereal

1 clove of garlic

1 egg

Method

In a bowl, insert chicken mince, spring onion, carrot, garlic and coriander and stir. Crack open the egg and add to the mixture, stir.

Add the sweet chilli sauce, stir.

Slowly add in the Weeties.

Leave mixture for 5 minutes so the Weeties soak up the liquid.

Roll into patties. Cook in an olive oil sprayed pan until golden brown and cooked all the way through.

Tips

These are a great meal idea for all ages, especially served with a tossed salad or steamed vegetables.

Another way to serve this could be inside a wholemeal bun with tomato, lettuce and low fat cheese.

They make a great lunchbox idea for kids lunches!

Find more recipes on our website: www.coastlines.com.au

EAT WAVE with Jenny... on the cold front



Pea & Ham Soup

Ingredients

- 1 ham hock (about 1kg)
- 1 onion, finely chopped
- 3 sticks celery, sliced
- 1 medium parsnip, diced
- 1 small turnip, diced
- 2 medium carrots, diced
- 250g green split peas
- 250g McKernzie's soup mix
- 8 cups water
- ½ teaspoon salt

Method

Soup can be cooked in a slow cooker or on stove top. Firstly rinse dried peas and soup combination in a sieve under running water. For slow cooker, add all ingredients to the slow cooker. Cook for 4 hours on high, or 8 hours on low

For stove top add all ingredients to a large saucepan or small stockpot. Bring to boiling point, then reduce heat to low and simmer for a minimum of two hours, stirring occasionally to prevent burning on the bottom of pan. When nearing the end of cooking remove the ham hock and let cool slightly. Cut away skin/rind and any fat, and remove ham from the bone. Return shredded ham to soup.

This soup seems to taste better the next day, if it's not eaten beforehand!

*Soaking the peas beforehand can reduce cooking time, but they can be used straight from the packet. Soup mix adds some variety to this soup, but can be replaced with green split peas if desired.



Thai Red Chicken Curry

Ingredients

- 1 tablespoon vegetable oil
- 1 small brown onion, chopped finely
- 2 cloves garlic, chopped (or 2 teaspoons minced garlic)
- 1 teaspoon grated fresh ginger
- 1-2 tablespoons Thai red curry paste
- 1kg chicken thigh fillets, cut into 3cm pieces 300ml coconut milk
- 250g green beans, chopped into 5cm lengths 2 tablespoons chopped fresh coriander leaves

Method

Heat the oil in a large saucepan over medium heat and add the onions. Cook until transparent then add

garlic and ginger. Continue cooking for 2 minutes, stirring occasionally. With the saucepan still on medium heat, stir in the curry paste and heat for 1 minute, then add the chicken and cook for about 2 minutes, stirring occasionally.

Add the coconut milk and bring to boiling point. Reduce heat and simmer gently for 20 minutes, stirring occasionally. Leaving the lid off will help the sauce to thicken.

Stir in the beans and continue cook for 5 minutes, or until tender.

Serve with steamed rice and sprinkle with chopped fresh coriander leaves. Serves 4.

*Amount of red curry paste to use will depend on brand and personal taste.

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It's the 'old' Crows who never stop

hey must have their old club songs wrong - former Crows Ian Perrie and Scott Welsh are living by the Port Adelaide jingle "... we never stop, stop, stop" by showing a new lease of football life for Encounter Bay.

Wearing their old Adelaide guernsey numbers - Perrie 22 and Welsh 17 - the 34-year-olds have displayed glimpses of their brilliant AFL form and been among the key reasons for the Eagles soaring to the top of the ladder in the Great Southern Football League.

After playing alongside each other over eight seasons at Adelaide, the forwards have been in fabulous goalkicking form, but equally important has been their team play - supporting and encouraging their younger teammates at every opportunity. And, with another former Crow forward, Tony Modra, they recently made the extra effort to help Encounter Bay by taking training from the junior colts up - much to the delight of the

However, Perrie (116 games & 129 goals Adelaide from 1998-2007) and Welsh (189 & 34 from 1998-2008 with North Melbourne 36-30, Adelaide 129-270 and Western Bulldogs 24-43) didn't have it all of their own way a few weeks ago against Yankalilla as these images show. But as they said, "it was about enjoying the game".

Rumours suggest they are being paid a "sqillion", but that's an exaggeration. Besides, seeing them after the game you quickly realise they're putting their heart and soul into the club, and whatever they're getting paid they're earning every cent.

Perrie, with an ice pack on his left knee from his 2006 injury with the Crows, said playing down here was just about enjoying footy.

Continued P26



Yankalilla's Luke Durdin obviously didn't worry about AFL reputations has he tackled Scott Welsh (above) and Ian Perrie (below) in their recent match at **Encounter Bay Oval. However, the former** Crows had the last laugh (right) after Perrie kicked another goal and together led a second-half rout with the Eagles winning by 64 points.





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