

Coast Lines

FREE

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

December, 2013
Vol. 3; No. 46



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Merry Christmas from Chantel and Coast Lines

Chantel Weetra, 15, a member of the inspiring Indigenous Talkingjeri dance group, was one of many outstanding performers at the Goolwa Primary School's twilight fair last Friday. She joins *Coast Lines* in wishing you a Merry Christmas, and a happy and safe New Year. And a special 'thank you' to our valued advertisers, plus Geoff & Sue McRostie and the brilliant team at SA Design & Print for helping us produce your free monthly magazine. – Ashley & Jenny



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Introducing Monique and her 'home decorator's corner'

Coast Lines is pleased to present a bright new column – Home Decorator's Corner, by Monique Gill, the new owner of Adrift in Goolwa.

Each month she will suggest how we can brighten our home with some fabulous yet simple ideas.

Monique has written for interstate magazines on home decorating, and is a consultant to real estate firms on home-staging – decorating a house ready for sale. Her interior stylist skills will definitely add something special to your *Coast Lines*. Oh, Monique, is a self-confessed decluttering diva, which should interest just about all of us!

Monique's first column appears on page 29, and she gets right into the Christmas spirit.



Coast Lines

Our next edition is due on Thursday, January 2, but most copies will not be delivered until the following day due to the New Year's Day holiday (no, not the celebration). Visit our website to see where you may pick up a copy.

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Guess who's coming to town?

... Father Christmas, of course, and we'll see him at our big pageants, at Goolwa on Sunday, and Victor Harbor on Saturday, December 14.

Sisters Chloe, five (left), and Ella, seven, of Goolwa, obviously can't wait as they pounced on some presents early. However, it was all in fun as the presents are a display for a Christmas Stocking Stuffers Market at Currency Creek Winery on Sunday from 10am-4pm.



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The art of putting on a great show

If you bought a painting at the first Victor Harbor Rotary Club Art Show in 1979 you may have thought it was a tad expensive. The average value of the 110 paintings sold was \$172, but last year it topped \$1000. Obviously, it suggests art has also risen with inflation, and that the far reaching net of acclaimed artists across Australia has widened to create a consistent rise in quality of the works and thus forcing higher prices. The journey of this premier art event, widely regarded as one of the best of its kind nationally, started with two volunteers sleeping on stretchers overnight to this year employing armed guards to provide around-the-clock surveillance from seven days before the show.

Our forthcoming 35th annual show, from January 10-18, is perhaps even more remarkable when considering it will take more than 50 volunteers – mostly Victor Harbor Rotary Club members with support from their Rotary neighbors in Encounter Bay, Goolwa, Strathalbyn and Yankalilla – to complete this mission. Last year their selfless efforts raised \$70,000 for the local club, all of which was used for general community support and local and international projects.

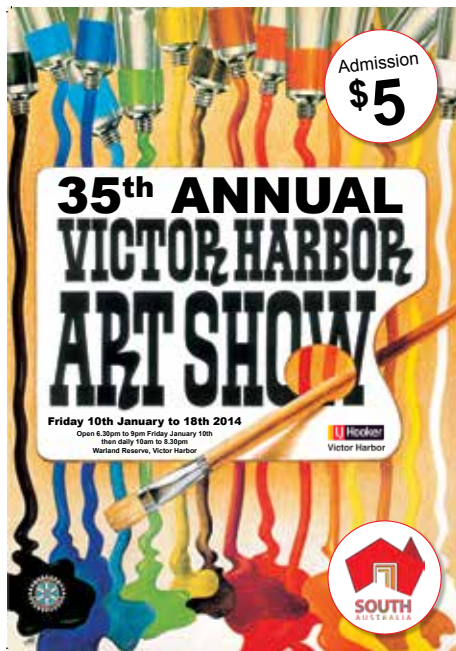
According to Sue McKay, who is secretary of the Art Show committee of 10, the outstanding work by all concerned is hardly spread over a few weeks.

"We started working on the 2014 Art Show in July, and it will go on well after the event in March when we have a print presentation (copy of the overall winning entry) to our valued sponsors," Sue said.

The work detail and synchronisation is astonishing, especially once the artists start delivering their paintings on January 6. There are designated volunteers on car park duty that day, and one would not be surprised if someone organised a team to control the car parks for those on the car park roster. The effort needed to organise tickets to the preview show, sponsorships, and to get approval to hold the event on Warland Reserve, plus the liquor licence and other approvals from council and police, is



Victor Harbor Rotary Club Art Show secretary Sue McKay with treasurer Mal Menadue. Below: The 2014 catalogue cover, printed by SA Design & Print.



exhausting. This is Sue's fourth year as secretary, and probably her last. She has enjoyed the connection because of the bonding of the volunteers, the support and friendship of the many within the art world, and especially

knowing it's all to help Rotary achieve many wonderful things.

Show treasurer Mal Menadue said he was continuously encouraged by the support of many other volunteers, and especially the annual growing numbers of acclaimed artists.

"We have been trying to expand our catchment of artists all over Australia," Mal said. "With each new artist we are able to make sure the show is fresh every year."

The judge is never announced until well after the close of entries (this year November 29) so artists do not deliberately present works in the same medium as most favoured by the judge in his or her career.

However, we can reveal the 2014 judge is female, the first since Elisabeth Rechichi in 2007. Not even the car park committee knows what name to place in the parking lot for special guests.

The 2014 Victor Harbor Rotary Club Art Show will be a huge success, like the other 34.

Too much work goes into the organising for it not to be a great event featuring some of Australia's finest artists, and the many who were inspired by them to discover their own artistic talent.



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To all of our valued clients and friends, who have overwhelmingly supported us over the past year. We look forward to seeing you all in the new year, and again proudly provide *A Fresh Approach to Print & Signage*



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We can be one great adventure playground

The southern Fleurieu is close to becoming an adventure playground with 12 businesses collaborating to attract more tourists. The concept is the brainchild of Surf & Sun owner Luke Talbot-Male, whose business recently won a major South Australian Tourism Award for Best Adventure Tourism. Not content with the success that adds to a host of other awards, Luke strongly believes the region has so much more to offer. "I think for an adventure operator to be successful we all have to be successful," Luke said. "We can make the southern Fleurieu the adventure capital of Australia."

Among those joining Surf & Sun with its surfboard lessons – and bike hire – are The Big Duck, Spirit of the Coorong, Adelaide Bi-Planes, Sacred Earth Safaris, Goolwa Jet Ski & Hire, Canoe the Coorong, off Piste 4WD Tours, McCracken Golf Club, and Beyond the Boardroom Team Building Australia. Given Luke's innovative thinking, with great support from Fleurieu Tourism, it is easy to see why SA Tourism judged Surf & Sun Best Adventure Tourism winner.

"It is a real honour and we are very humbled to win such an award," Luke said. "The South



Australian tourism industry is a great industry to be part of, and it is fantastic for the great team at Surf & Sun to be recognised." Surf & Sun will now represent SA at the national awards in Sydney in February, along with the Fleurieu Peninsula's other major winners, The Australasian, Narnu Farm and Alexandrina Council. Surf & Sun was established in 2001, and employs about 20 casual staff.



Snell, the Canadian hero is coming

South Australia's new super hero, Canadian Greg Snell (pictured), is about to land in Middleton to work with the Surf & Sun team. He is being flown here by the South Australian Tourism Commission having been interviewed and won a competition dubbed "The Best Jobs in the World" that will see him travelling and working around the state for six months. The competition sought candidates for six jobs ranging from outback adventurer to chief funster, each of which carry a \$100,000 pay cheque. He beat more than 600,000 applicants from 196 countries for one of the coveted spots. None of the applicants new the interview process included having a three-metre python named Olivia wrapped around their neck.

Snell, 27, will work with the Surf & Sun's learn to surf lessons in February, and then move on to cuddle koalas, holding court with sea lions and waking kangaroos on Kangaroo Island.

Pictured: Luke Talbot-Male in his Surf & Sun shop, Middleton.

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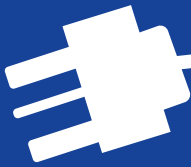
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The Original Goolwa Bakery has always been a leader. Their finest pastries are now also available in a bright new bakery in McLaren Vale, The Cottage Bakery, which has already claimed success. There is a strong family link here. They are in...

The business of making seriously good pies

Alex Smith liked to think scouring Australia's countryside and then spending almost five years in Darwin with the Australian Army gave him a solid grounding as an unofficial pie connoisseur. Upon realising he was at the end of a long queue, he literally joined the lead six years ago by managing a genuine pie shop – The Original Goolwa Bakery, established in 1910. And now his claim the bakery makes one of the best pies – and all the other pleasant pastries that serious pie lovers cannot also resist – can be backed up with further acclaim after the bakery's new link, The Cottage Bakery, was named the best business and best new business at the annual McLaren Vale Business of the Year Awards several weeks ago. Most of the pastries are made at The Original Goolwa Bakery in Dawson Street, behind Cadell Street, owned by Rod and Rosie Hage. Their son, Sam, who previously managed the Goolwa bakery, and his wife, Mel, showed great initiative and enthusiasm to open a new shop along the main stretch of McLaren Vale about 12 months ago, and the move has obviously paid huge dividends. As they say by the ovens, the proof is in the pie. Claiming both of the McLaren Vale Business Association's top two awards is an outstanding local achievement by Sam and Mel, but Alex also sees the bigger picture; that the awards are a win for the Fleurieu Peninsula. "We like to see ourselves as two bakeries working so close together and playing a small part in helping this region increase its profile as having a magnificent produce trail," Alex said. "We hope it encourages someone from the city or wherever to come to Goolwa or McLaren Vale to try our pastries, and along the way also experience the many other great foods and wines others have to offer, like the region's exceptional cheeses, olives, and so on."

With a huge grin, Alex said towns were built around their pies. "We're proud that we



The Original Goolwa Bakery head baker Jason Maynard (left) with manager Alex Smith.

employ up to 20 people including five juniors in Goolwa, and we love it when people from all walks of life come into the bakery," he said. "A bakery has probably always been one of the great meeting places, and everyone here is very community minded; it's why we sponsor so many clubs or organisations. "We are really thrilled that The Cottage Bakery won these awards, and they are being shared by everyone here and McLaren Vale, especially our head baker Jason Maynard. We all work well as a team, and Jason is forever trying something new with his pastries." Jason, who has almost 20 years experience as a pastry cook, has played a huge role in the success of the McLaren Vale venture. His expertise gave Sam and Mel the confidence to convert a bed and breakfast into a bakery after a lot of long hours. And Alex's favourite? "I love the gourmet option; our chunky lamb and rosemary pie," he said. "We use a variety of ingredient for flavour to add to the taste of our chunky steak. "It has to be fat-free too, because that can change the whole consistency of the pie and it would certainly not get past Jason who won't hesitate to reject anything if it is not up to our

high standard. This is the secret to making a great pie, pasty or anything else in our bakery – always believing that nothing but the best will do. "A pie must also have consistency with the insides and the puff pastry. It can be good inside but the pastry might not puff and the magic is gone, and vice-versa." The McLaren Vale team, led by Sam, and his wife, Mel, set high standards, and like the Goolwa shop it's also a battle to leave without also trying one of those ridiculously-tempting blueberry vanilla slices. Which gets us to a key point... if this bloke has travelled the nation eating pies, and taking on the role as quality controller at The Original Goolwa Bakery, why isn't he rotund like others who cannot resist? "A pie, pasty or a cake here and there is not going to break the calorie bank," Alex said. "Like every food, it's about not over indulging and enjoying it within a healthy, balanced diet and exercise."

Their pastries are now the toast of McLaren Vale



The Original Goolwa Bakery
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info@goolwabakery.com.au

The Cottage Bakery

Winner 2013 McLaren Vale Business Association Business of the Year Award

Winner 2013 McLaren Vale Business Association New Business of the Year Award



The Cottage Bakery
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Bicentenary must have been about forming clubs



There is a lot of silver wrapping across Goolwa right now with both the local men's Probus Club and Meals on Wheels both celebrating their 25th anniversaries.

The Probus branch, predominantly made up of those who served on service clubs, particularly Rotary, will celebrate with a dinner on Monday, December 9, while the local Meals on Wheels club enjoyed a great birthday gathering on August 25.

John Harrison and Colin Slade, who were known locally through their involvement in Rotary, sporting clubs and the business community, were largely responsible for establishing a men's Probus Club, as the inaugural secretary and treasurer respectively. Other foundation committee members were: Neil Sharpe (president), Alan Church vice-president), Lew Abbot, Bill Bettison, Ian Ironside, Doug Jarrett, Bob Jones and Ray Radway.

Current president Mat Cobbing acknowledged all of the committee members and members over the past 25 years. "Probus is a non-fundraising organisation, and personally I have always appreciated the friendship," he said. Immediate past-president Rob Groves described Probus as a great way to get together with friends and share quality time. The Goolwa Men's Pro Club had 100 members after two years, but currently has 42, which is part of a state-wide trend.

The Goolwa Meals on Wheels unit has an amazing team of 85 volunteers, and for the past nine years has largely been led by John and Carol Ferguson.

Heard it on the coastline

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Today – December 5 – is International Volunteer Day, and we pay tribute to volunteers of all organisations and at every club.



The group has seen a decline in its services, which is generally a good thing. Carol said it delivered meals to 56 residents five days a week (including frozen meals for weekends) nine years ago, but these days it is down to 30.

"I think the decline is largely due to residents going into nursing homes or having relatives move into the area," she said. "John and I help because we just feel good about helping the community, which is probably the same for all of our volunteers."

"We are both retired and we feel useful. We love meeting the people, and in many cases we are the only contact the people in need have during the week."

Pictured top left: Immediate past and current Goolwa Men's Probus Club presidents Rob Groves (left) and Mat Cobbing.

Above: Among the Meals on Wheels volunteers at Goolwa (from left) Wayne Renfrey, Gayle Siersema, Kerry Rosenow and Judith Gargula.



Stay tuned; there are some new faces in town

Our local Ultra Tune car servicing unit has another two friendly faces – new proprietors Steve Conder and Tony Caruana. They're pictured respectively on the right with well-known existing crew member Shane Mitchell (left).

Tony and Steve are certainly no newcomers to Ultra Tune with Steve, who currently resides at Mount Barker, being with the company for 10 years after a serving an apprenticeship with Toyota in New Zealand. The Kiwi background means you don't talk to him about rugby, but he does know about air-conditioning and LPG with his relevant licences.


Tony, who lives at Middleton, was with Ultra Tune in Unley for seven years, and previously at Melrose Park for three. He has also worked across the state and in Queensland involving administration and supervising. He's all about earning the trust of clients by telling everything how it is – what's wrong with their vehicle and making recommendations for consideration.

"We pride ourselves in repeat service, and focusing heavily on road safety," he said. "We consider some of the safety checks as just routine and we don't do anything without informing the customer."

"Importantly, our work is RAA approved. We are here to service air-conditioning, LPG gas systems and, of course, all basic repairs. Shane has been with the company at Victor Harbor for five years, and certainly knows the regular customers."


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Christmas and New Year celebrations



Christmas is only weeks away, and the festivities begin on Sunday with the Goolwa Christmas festival from 6.30pm. There will be more than 50 floats in the pageant, and at 7.30pm there will be carols and music at Arthur Neighbor Reserve. Another big highlight will be the fireworks – weather permitting – between 9-9.15pm.

The Inman Valley Community and Memorial Hall Association is offering some community Christmas cheer at the Inman Valley Hall on Sunday from 4-6.15pm.

The Victor Harbor Christmas Pageant will be held on Saturday, December 14.

There are also some big celebrations on New Year's Eve, especially at Normanville where the Yankalilla District Community Cultural Arts Network presents its 16th annual New Year's Eve Pageant. More than 40 colourful floats will leave Katherine Drive at 7.30pm winding its way through the streets of Normanville and ending at the foreshore about 8pm. It's here where locals and tourists will be entertained by a DJ, amusements, and fed by the local community clubs and groups. The night's

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THOUGHT FOR THE DAY
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festivities are finalised with a fireworks display at around 9.45pm.

Victor Harbor will also host it's annual New Year's eve celebrations at Warland Reserve.

Until December 22

Artistic Expression, Goolwa, at Artworx Gallery, Hays Street, Goolwa. The eighth birthday exhibition features 12 Fleurieu artists including Tom O'Callaghan, John Lacey and Henny van den Wildenberg. Free entry. Thurs- Sun and public holidays 1.30-4.30pm.

December 6-January 6

Drawing On Country Exhibition, Goolwa at South Coast Regional Arts Centre, Goolwa Terrace. The exhibition presents a perspective of the lake's environment and the artist's connection to place. Free entry. Wed-Fri 11am-4pm, Sat-Sun 10am-4pm.

Sunday, December 8

Christmas is coming, and the Currency Creek Winery has a huge Christmas Stocking Stuffers

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.

Kangaroo Island Community Market: Penneshaw Oval and Town Hall every Sunday from 9am.

Kangaroo Island Farmers' Market: Lloyd Collins Reserve, first Sunday or every month, 9am-1pm.

Myponga: Weekends and public holidays at the old Myponga Cheese Factory from 10am-4pm. www.mypongamarket.com

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.

Market at the winery, Currency Creek Road from 10am-4pm. There will be a great range of gifts, decorations, wine specials, crafts and food. 8555 4013; www.currencycreekwinery.com.au

Saturday, December 14

The wonderful DEBRA organisation, a national group which raises awareness and works so incredibly hard to raise funds for those with Epidermolysis Bullosa, is seeking donations of art to auction at a special invitational event at the St Francis Winery. Late notice, but if you can help contact DEBRA SA co-ordinator Laraine Frost. www.ebcrosscountryadventure.org or www.debra.org.au for more details.

Tuesday, December 17

Port Elliot Carols, Port Elliot Town Square, The Strand, from 5pm. Join in a Christmas carols sing along with the Port Elliot community. Includes family activities. Refreshments available. Free entry.

Sunday, December 22

Twins Christmas, at Alexandrina Cheese, Sneyd Road, Mt Jagged. The Fleurieu Harmony Chorus entertains you from 10am-4.30pm, with music from noon, while you enjoy a gourmet cheese platter with a cider, wine or beer. Free concert. Bookings essential for seating or bring a picnic rug. Contact 8554 9666.

Tuesday, December 31

New Years Eve, at Goolwa Aquatic Club, Barrage Road, Goolwa from 9pm. Welcome in 2014 with band Doin' It For Nana. Price: \$60

Continued P11

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From P10
a ticket including supper. Bookings essential.
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Saturday, January 4

Toy Fair & Collectables Fair presented by Historical Motor Vehicles Club at its headquarters, Jolly and Warne St, Victor Harbor from 9am-noon. Buy, sell, swap or exchange toys, cars, dolls, collectables and much more. Enquiries Margaret Winston 0417 585 397. Part-proceeds to charity.

January 18-19

The Milang Vintage Machinery Club presents Yesterday's Power Rally at Milang Oval from 10am. Collectors and enthusiasts from around Australia gather for a weekend of activities, showcasing machinery, equipment from bygone days and the popular tractor pull. Admission: \$5. Contact Rally secretary Gaye on 8536 3938.

Thursday, January 26

The Victor Harbor Harness Racing Club will hold one of its few meetings for the year at its magnificent track and facilities at Morgan Park. It will be a twilight meeting, and we await final nominations and race times.

January 18-26

Fresh Water Classic and Goolwa Regatta Week presented by Goolwa Regatta Yacht Club. A nine-day festival of riverside activities, culminating with the Milang-Goolwa Freshwater Classic. Participants will compete in a variety of races including Marina

Challenge Twilight Dash for Cash, vintage boats, dinghies, Sailability and remote control boats. Competitor entry fees apply. www.goolwaregattaweek.com.au or 8555 2617.

Friday, January 24

The Tour Down Under comes back to town with international cyclists racing from Unley to Victor Harbor from 11.30am. There is a King of the Mountain at Reservoir Road, near Myponga Dam, and the sprint locations are Adelaide Road, Echunga and Inman Valley Road, Yankalilla. There is a feed station at Pages Flat road, near Victor Harbor Road. Expected to finish at 3.25pm. Race distance: 148.5km. www.tourdownunder.com.au

Saturday, January 25

Compass Cup, Mt Compass. Australia's only cow race. A great day of entertainment for the whole family with crowd participation events, food stalls, bar facilities, farm animals, sideshows and after race concert. Entry fees apply. More information at www.compasscup.com.au or 0400 298 377

Sunday, January 26

Cars of Australia, Strathalbyn. Iconic Australian vehicles will converge on Strathalbyn for a celebration of Australian. Featuring cars, iconic foods, bush poet and children's entertainment. It's a car show for those manufactured or assembled in Australia prior to 1980 and eligible for historic registration. \$10 to enter your car. More information at www.strathalbynautocollectors.com or 0458 999 040.

Alexandrina Cheese wins national award



The Mount Compass region has earned itself a prime position on Australia's food trail with locally produced Alexandrina Pure Jersey Full Cream Milk taking home gold in the prestigious 2014 Australian Grand Dairy Awards announced in Melbourne last week. Now in their 15th year, the awards recognise and reward excellence, quality and innovation in Australian dairy produce. Our Alexandrina Cheese Company team at Mount Jagged topped the 21 entries.

Not surprisingly, owner Krystina McCaul, described it as an honour to be crowned the Champion Milk and a testament to the brand's dedication to creating delicious, high quality dairy products.

"Winning this award helps us to celebrate the 40th year that we have been producing jersey milk," Krystina said.

More than 430 products across 19 different classes were put through their paces in a rigorous and highly technical judging process by a team of 22 expert judges in this year's awards.

Pictured: Alexandrina Cheese Company head cheesemaker and part-owner Dan McCaul, who played a big role in the company winning its Australian Grand Dairy Award.

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Great support for RFDS

The Fleurieu Peninsula community has celebrated a decade of fundraising for the Royal Flying Doctor Service (RFDS), with a \$13,000 contribution in 2013. The donation coincides with the 85th birthday of the Flying Doctor – a milestone for an organisation which has grown to become the largest and most comprehensive aeromedical providers in the world. The RFDS Fleurieu Support Group made its presentation to RFDS Central Operations Volunteer Coordinator Debbie Adams at its annual general meeting last month. "Thank you, from the bottom of our hearts, to everyone in the community who has supported the RFDS Fleurieu Support Group to raise this money to help keep the Flying Doctor flying," Mrs Adams said. "The RFDS relies on donations from the community to finance the purchase of replacement aircraft, medical equipment and other major capital and health initiatives. "The RFDS Fleurieu Support Group reached its 10th anniversary during 2013, and in that time it has raised more than \$120,000 towards this cause – a truly wonderful effort. "As the RFDS celebrates its 85th anniversary, we recognise more than ever the outstanding volunteers, supporters and community members whose efforts help the RFDS fly more than 26 million kilometres across Australia to deliver the finest care to the furthest corners every year." Newly-elected RFDS Fleurieu Support Group secretary Marcelle Williams said the community had been extremely generous in its support of the volunteers' fundraising efforts on behalf of the RFDS. "Our major events during the past year included our bi-monthly ladies dinner, fundraising at the Vintage Boat Race, barbecues, raffles and badge day," Mrs Williams said. "A highlight was having the RFDS simulator come down for Goolwa Alive on the October long weekend." Mrs Williams said members of the RFDS Support Group enjoyed raising money for a service that provided a vital health service to rural and remote South Australia. "You don't need to live or travel too far away from the city to potentially need the Flying Doctor, and people in all country areas know that and are willing to help," Mrs Williams said. "We are proud to do our bit for the RFDS and it's actually a lot of fun. People join our group for a great range of reasons, many forming lasting friendships."

Families, friends can work well

Locally-owned and operated Fleurieu Automotive has just celebrated its fourth year in business, in Maud Street, Victor Harbor, and for some it may not seem a huge milestone. But when you are in business with your wife and best mate, and employ your son on an apprentice traineeship, it certainly shows you really can work with your family and close friends.

Andrew and Brenda Moules are in partnership with Graham Lange, and with his wife, Carman, they have enjoyed some great holidays. The couples each have a son and daughter – Andrew and Brenda with Joshua, who works at Fleurieu Automotive, and Aliyeh, while Graham and Carman have Jaiden and Eleisha. The bottom line is these guys get on well, if you haven't noticed, and they also take their work very seriously. According to Brenda, it's a natural part of being an authorised Repco dealer, and RAA approved. As owner-operators, the Repco nation-wide guarantees and great service carries huge weight in this

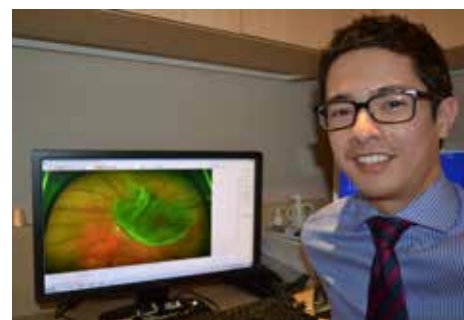


game. "This is our first business, and we have been able to grow with the support of Repco and the RAA," Brenda said. "Owning the business means we are very local, and we pride ourselves on that. We like to think we have built on our reputation, and we will keep doing that." Fleurieu Automotive is also a great sponsor of local sport, plus the Southern Fleurieu Cancer Support Group.

Pictured (from left) Andrew, Brenda and Graham.

New fight against blindness

Advanced technology has reached Victor Harbor and the south coast region to play a key role in helping to save our eyesight. OPSM, a company that until now has mainly focused on its acronym – Optical Prescription Spectacle Makers – has won exclusive rights over the next four-years to use a new Optos program in its Victor Central Shopping Centre store. Until this development, a basic retinal photograph or scan allowed an optometrist to see a maximum 45 degree angle of the back of the eye, the retina. This typically encompasses the main structures, the macula or an area within the eye, and the optic nerve. According to OPSM Victor Harbor optometrist Byron Peeters (pictured), the new ultra-wide Optos imaging presents a 200 degree image of the back of the eye or retina. "It allows us to see so much more of the retina in one single image," he said. "It is a more comprehensive view of the health of your eye, seeing things that may otherwise be missed. With this technology we are leaving very little to chance." The Optos imaging has already proved effective in cases relating to macular degeneration, a medical condition that usually affects older adults resulting in a loss of vision in the centre of the visual field (the macula). This technology will not cure the condition, but will help specialists to prevent its progression or limit its severity. Byron, who joined the Victor Harbor team in March, has already had extensive training using the Optos technology, which is being introduced to the company's other stores throughout the country. He said another feature using the Optos



imaging was its ability to perform autofluorescence imaging of the retina. Autofluorescent imaging is a non-invasive procedure that can detect changes in metabolic activity at the back of the eye before clinical signs appear. "What happens is that the macula may become filled with a waste deposit called lipofuscin, a pre-cursor to macula degeneration," Byron said. "Lipofuscin isn't always detected via a study of the retina. A small lesion may be mistaken for nothing, however autofluorescent imaging via the Optos allows one to see lipofuscin accumulation in the retina. "Another application of the Optos is for diabetics, who are at risk for developing diabetic eye disease, where blood vessels may start to leak fluid and blood anywhere in the retina. Performing an Optos image enables one to see the retina in a much wider field of view and allows one to detect with more certainty if diabetic eye disease is likely to occur, or even if someone may have diabetes before they even know."

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Well **beyond** expectation



Living the dream... Adam Wright (left) with his father, Steve.

Samuel Langhorne Clemens, better known as Mark Twain, fostered a belief in his classic novel *Adventures of Huckleberry Finn* that if something "seems too good to be true it probably is".

Adam Wright sometimes feels these words were engraved across his forehead 35 years ago. Like his father Steve, 61, he is a developer, which in Adam's mind ranks them alongside the proverbial lawyer and used car salesman. Phew! Somehow, journalists were forgotten when they came up with that saying. The underlying presence of mistrust sums up the overwhelming challenge the family business has faced – and met – in one of Australia's most under-rated developments – Beyond, at Chiton. It does seem too good to be

true, and it's why it took Steve, who had this amazing vision 15 years ago, eight years to get council approval.

In fairness, you would have asked yourself too, what person or business in their right mind would allocate just 23 per cent to housing – including roads – of a development and the rest to an amazing wetlands and environmental cycle system at the expense of building another 750 houses? And pouring \$2 million into the project before a spade was turned for the first foundation 12 years later? "There must be a catch," the masses grumbled.

Sceptics may have suggested it was the result of the near-fatal motorbike accident Steve had as a 19-year-old, or maybe working as a



secretary for former Premier Don Dunstan. Probably the latter, because as a 20-year-old Steve had the nerve to front up to Don's office and convince him to turn the spectacular southern Yorke Peninsula coastal region at Innes into a national park.

Continued P15

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NEW! Tuesday fish nights

From P14

It led to an impressive career trail, and eventually to this Beyond project, with unrelenting support also from his wife, Margit, an enormously respected landscape and house designer with numerous state and national awards to her credit, daughter Nadia, who is also involved in landscape design, and his brother, Bruce who does project management. Adam also oversees the marketing, and as a resident of Beyond a day doesn't start without seeing some of the 70 new bird species to the wetlands and feeling a sense of achievement that this project is very real. For the record, he's among the few these days who hears frogs, for many have disappeared, including those at Inglewood in the Adelaide Hills where the Wright family journey began.

Remarkably, the concept of turning tired farmland into an environmental or ecological triumph is one of a kind in Australia, and it's in our backyard. Adam is providing project advisory skills on two new similar developments outside of Melbourne, but neither have anywhere the low ratio of housing to wetlands.

It is easy to see why Beyond has won a total of two dozen or more national and state awards for the wetland development, construction and residential development.

Adam said Beyond had two remaining stages, which are expected to be completed in four or five years. So far the tally reads:

- Sites released: 115 sites with 105 sold
- Current sites remaining: 40 including 20 currently in construction
- Trees planted: 250,000 consisting of more than 60 species involving direct seeding. Majority are native.
- Water plants: 50 species.
- Bird species: 80 bird species including 70 new species to the area.
- Fish & water: The Department of Sustainability, Environment, Water, Population and Communities, in conjunction with Flinders University, has rated bio-filter and stormwater system the best in terms of health in the Adelaide Hills and Fleurieu region. This has led to the introduction of rescuing rare and endangered fish species including the Southern Purple Spotted Gudgeon freshwater fish and the Pigmy Perch.



“ I wanted to create something that improved the environment and was a great place to live.”

– Steve Wright, managing partner, Beyond

Steve has also pledged and donated land to the Alexandrina and Victor Harbor councils to build a proposed \$21 million swimming pool at the back of the Beyond development, facing Waterport Road. Again, the talk was 'there must be a catch', but you need to understand Steve's philosophy in life. With much humbleness, he said it all started with a love of trees and the environment.

"I wanted to create something that improved the environment and was a great place to live," Steve said. "I would also like to think I will leave this place better than I found it. You can't take your money with you when you go, but you can leave an impression and something for others to enjoy."

Adam said he knew that most people didn't rate developers as the most trusted people in the world. "They always think there is a catch," he said. "A lot of people came in and said, 'oh yeah, another thousand homes'. We could have planned for that many if we applied for rezoning over the whole area, but instead there is going to be 250.

"This is a model that stacks up feasibly; it will work. We want to demonstrate that a project like this is sustainable financially otherwise it is not going to influence on the way people think. It could have made Dad an incredible wealthy person, but he is not driven by that. It is just one of the reasons I admire him.

"We had to spend a lot more money up front than a developer normally would to gain the trust of the people, and I hope a lot more people have now seen our vision and really know what we are about.

"The banks also thought our design guidelines were unfavourable, but we had seen this big

shift in the mindset of what people want in sustainability. The guidelines have been our greatest asset... in simple terms the houses need to be energy efficient.

"All of the blocks are designed to face solar north. We have ensured no houses will shadow each other. Every house opens up to a reserve area.

"Compared with earlier standards, the houses here have better glazing, better insulation and cross ventilation, but we are not reinventing the wheel. When people built houses 100 or so years ago they did most of these energy efficient things without the luxury.

"We had to battle the preconception that energy efficient homes were generally difficult to build, but we showed how easy it was in our guidelines to take to the builder of your choice. Now the builders are getting more requests for being more energy efficient. It's all about smart design."

It has been a remarkable project that has placed Beyond Today and Chiton Retirement at the forefront of sustainable living right across the nation. Upon completion, probably by 2018, it is estimated it will have cost \$170m – and not counting the swimming pool.

Walk or ride along the public trails at Beyond also built by Steve and his family and spare a thought for our former premier, the late Don Dunstan. It was his faith in a young man who should have died on a motorbike 12 months earlier that encouraged him to turn around that phrase by Mark Twain; that if something seems too good to be true, go beyond the realms of possibility.

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The rumblings were felt well beyond No.1 Porter Street suggesting these souls had surely lost their mind. Even their families doubted their sanity; moving from the city to purchase and renovate a derelict pub in Goolwa.

This was 10 years ago. Welcome to the home The Australasian, bought at auction by Juliet Mitchell, and with great friend Deb Smalley renovated in astonishingly good taste, turning into a stunning award-winning accommodation/restaurant.

And now, after completing the major works on this 1858 building, which also faces towards Cadell Street and is one of the finest landmarks across the state when turning into the town's main street, we are left to ponder what an unsightly mess may have been left had these women with vision not possessed the madness to take on this seemingly surmountable challenge.

Flippant claims of mental fragility lay in Juliet's admission it that cost her "too many zeroes", but the satisfaction of completing extraordinary renovations four years ago is immense. Unquestionably, the recognition of achievement as a chef is also delivered by the fact our governor, his Excellency Rear Admiral Kevin Scarce, Hollywood producer Denise Di Novi, well-known actors and musicians plus simply those appreciative of fine food and wine have all stayed here.

Not surprisingly, The Australasian was a major award winner at the recent South Australian Tourism awards for hosted accommodation.

Some suggest it is The Australasian's revived charm and glamorous structure that attracts a niche market, while others find appeal in Juliet's taste for Asian contemporary and interior decorating, indeed her oriental influence in her cooking, stemming from her previous life as an accomplished jewellery designer and studies in Japan.

Deb, a former graphic designer and psychiatric nurse, developed business skills to offer a professional combination, but above all it was their courage to take on the task of reviving The Australasian that warrants our appreciation.

LIVING OUR HERITAGE: NO. 6

Coast Lines is proud to present this series, part of a Sharing Community Heritage Stories project, a Federal Government funded program through the Department of Sustainability, Environment, Water, Population & Communities.



Juliet Mitchell, owner and chef of The Australasian, Goolwa

inherited The Australasian, and lived here until ill health forced her to leave in 2002.

Juliet's quest to rekindle the spirit in this statesman-like building was not without her own links to Goolwa's history with her great, great grandfather George Eaton being the mayor of Goolwa from 1875-77, and her great grandfather South Australia's representative on the River Murray Commission.

The ancestry may have been behind Juliet's patience – with support from Deb with her persistence – to meet perhaps the biggest challenge with this renovation extravaganza, relating to obtaining the relevant approvals, which took four years.

"We needed to liaise with the liquor licence department, fire department, council and heritage people," Deb said. "All this just making it work in a commercial sense, plus making it work as a house... this is our home."

"It had to be done before we could open because everything had to be compliant. Those issues were the toughest, especially with tradespeople needing to follow one after the other."

"There was a three-metre deep well underneath the floor, and council made us line and fill

They proudly talk of The Australasian's history – our heritage – with Deb noting architect and builder Oliver Willett Willcock as the first licensee from 1858-1879 when our pioneers boarding here (and no doubt consumed copious amount of cleaning ales, as they did at the Corio Hotel next door).

These adjacent hotels were later owned by Emily Evans, who was forced to let the Corio lease lapse during the Great Depression in 1934. Later, her granddaughter, Freda Ogilvy,

it with water to provide a commercial fire system. It makes us the only place in Goolwa with town water supply for a fire system." Juliet said they appreciated the need for compliance, especially safety, but it was all just so time consuming. There were also building challenges with the architect needing to get his head around issues like different levels... the old kitchen was a different level to the building.

Continued P17

There is a wicked icecream on the market under the Connoisseur range called Kangaroo Island Honey & Fig, created by the delightful Kate Sumner, a chef at her restaurant, Kangaroo Island Source, in the heart of Penneshaw.

It is a follow-up to the equally devilish Honey & Pistachio, and the result of Nestlé identifying KI and its honey as one of four premier locations across Australia known for an iconic food.

The company approached Kate to research and create the recipe using KI honey, and those with appallingly low resistance are claiming she is the original Princess Kate, the future Queen of Icecream. Of course, it's marvellous promotion for KI.

Down the road are Betty and Jim McAdam, who run the Hog Bay Apiary, which now uses a beekeeper contractor to extract the honey used in the recipe, while they package, market and deliver honey around the globe.

This particular day Betty and Jim (pictured) were busy meeting a half-ton order to Russia. A few weeks earlier they were exporting to the United States, Japan and China, and on each container was printed: Kangaroo Island Organic Honey.

Mid-island you occasionally find Colin Duke, a senior lecturer in chemistry at Sydney University, and his wife, Reji, a researcher, taking samples of propolis (a resinous mixture that bees collect from tree buds sap flows, or other botanical sources to seal gaps in their hive) to develop medical products. Colin and Reji recently presented papers at a conference on their significant medical research findings over the past eight years relating to the quality of the propolis. Again, Kangaroo Island was mentioned.

And right throughout these amazing threads of immense importance – yes, the Honey & Fig icecream is life-saving in this office late at night – is the mention of why the honey is so special. It comes from Ligurian bees, the last remaining pure stock of this bee found anywhere in the world, and KI is also known as having the only bee sanctuary.

All up, this is living our heritage at its finest, because it was in the early 1880s that the Ligurian bees, named after the Ligurian Mountains in Italy during the Roman Empire era, were first introduced to KI with no other bees imported to the island since.

Jim continuously admires the foresight of those who created this sanctuary because around the world bees are dying in epidemic proportions of a disease known as colony collapse disorder.

LIVING OUR
HERITAGE



Research finds a new honey pot

"We are extremely isolated here, and being a sanctuary this will be the last place where it might reach us," Jim said.

"There is no simple answer for the disease, but my supposition is that the immunity of the bees has lowered their cultivation. Once the genetic strain drops any virus that comes in the area can have a devastating effect, and that is what is killing them off."

According to Betty, the Ligurian bees are not special because of their honey; the honey is special because of the vegetation quality. "The bees are special because they are pure and non-hybridised," she said.

"There are four other races of bees – Russian, Carniolan in Yugoslavia, African and the English Black bee. The Ligurian bee was identified as being very docile and productive in its environment. As long as it remains pure mated, it will continue those characteristics through the generations. If you buy a pure-mated Ligurian queen you know that her progeny is also going to be pure docile and productive in this environment."

Jim, a former computer programming analyst, and Betty went to KI for a fishing holiday 38 years ago and fell in love with the place. Betty started with two bee hives as a hobby, while Jim only became interested after Betty got tired of telling him what to do while sitting in the car because he was too scared to go outside fearing he would be stung.

These days they both get stung so often



it feels less than a mosquito bite. "On a bad day you might get about 20 stings, but others you may not get any," Jim said.

"We like to think what we do with the bees, and the exporting and all, is good for tourism because every time our label is displayed it says 'Kangaroo Island pure or organic honey', plus it has the history of the island."

Betty is equally proud. "I see myself simply as someone who just makes an honest living on KI," she said. "It is something that we enjoy doing, and something I feel is worthwhile; it is a quality product."

With a grin, Betty said she had heard of the 'goat lady' on the Fleurieu, referring to Denise Riches, who runs a goat farm, Hindmarsh Valley Dairy. "That makes me the bee lady, and I'm proud," Betty said. And god save the Queen of Icecreams.

From P16

"The project meant that we had to stop hanging out with friends because we did not have the time to and energy to put into our old life as well as tackle the new," Juliet said. "We didn't watch the news (on television) for four months because we could not cope with the stress in the world as well as cope with our stress doing this house. We were physically

and mentally exhausted every day."

Throughout this near-heroic transformation of The Australasian there were whispers down Porter Street about whether Juliet and Deb had found the secret tunnel, which was supposed to have led to the goods shed towards the wharf.

"No, we didn't find a tunnel," Juliet said. "Lots of people have thrown that at us, including

one gentleman who was here for dinner and was adamant that as a child that he found the tunnel.

"We looked hard, but there was no tunnel to be found, so the legend lives on. Some people have a ghost, and it was said we have a mystery tunnel, but I cannot say I believe in either." Just as well; it could lead anyone to madness.



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Lakeside Goolwa

update

Vol. 1, No. 10, December, 2013

Exciting news... Stage 1 complete this month

We are entering an exciting new phase here at Lakeside Goolwa with the laying of the bitumen this month to complete Stage 1, paving the way for the first homes to begin construction.

You will be able to walk through the development and take your pick of the unsold blocks. Whether you are looking for a larger front yard, a quiet spot at the end of a cul-de-sac or a north facing back yard, there is something for everyone.

Those who have already bought and are ready to move are itching to see their new homes start construction. New residents Steve and Jan, featured in last month's update, have enjoyed seeing the roads take shape and have been regular visitors to their site to see it progressing. Both can't wait to take the next step towards the active Over 50's Lifestyle that Lakeside Goolwa offers.

Christmas lunch

Lakeside Goolwa will be holding our first annual Christmas lunch/open day on December 12 from 1pm.

This is a great opportunity to meet some of the people who have already bought one of the soon-to-be constructed architecturally designed homes and get their thoughts on why they have fallen in love with the great lifestyle on offer.

Some are looking forward to the unrivalled views on offer over Currency Creek and the River Murray from the large community

Today...



This month



When this newsletter went to press we were about to bituminise the new roads for Lakeside Goolwa. By the end of the month there will be homes like this one right, our display home. We're excited by the great progress and the weeks to follow.

centre, whereas others can't wait to do some laps in the indoor pool. Others with boats want to take advantage of the boat ramp and marina so they may explore the river system and the great fishing opportunities of the Coorong National Park. Call 8555 2737 for more details.

Don't miss out

The \$8500 Housing Construction Grant (available to everyone) expires on December 31, 2013 so you need to get in quick to grasp this fantastic incentive.

A small \$500 deposit is all that is required to lock in this great discount off the price of your new home. You don't even have to have sold your existing home first.

Melbourne Cup Day

Our recent Melbourne Cup Day event was a great success with some people even taking home some extra dollars in the three sweepstakes.



Like previous events here at Lakeside Goolwa, the free drinks and lunch was enjoyed by all, and we look forward to seeing more of you at the upcoming Christmas Open Day.

And please, have a great Christmas and a safe and happy New Year!

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Here comes the judge

Two judges get arrested for speeding in Port Elliot on the same day, and rather than call the state Supreme Court for a visiting judge to hear their case, each agrees to hear the other's case.

The first judge takes the bench while the second stands at the defendant's table, and admits his guilt. The sentencing judge immediately suspends both the fine and costs. They switch places. The second judge admits that he was speeding, too. The first judge immediately fines him \$250 and orders him to pay court costs.

The second judge is outraged. "I suspended your fine and costs, but you threw the book at me," he shouts across the courtroom with just the two judges inside.

The first judge looks at him and replies: "This is the second such case we've had in here today. Someone has to get tough about all this speeding."

An old leg to stand on

Bert is 88 years old and he goes to the doctor complaining of a terrible pain in his right leg. The doctor says: "I'm sorry Bert, but it's just old age... there is nothing we can do about it. You just have to grin and bear it, and accept the fact you have got old."

Bert is fuming. He shouts at the doctor: "What would you know... my leg hurts because of old age? You're mad; you're not qualified to be a doctor."

The doctor is taken back. "Calm down Bert," he says. "I do know what I am talking about. It is because of old age."

And Bert says: "Well then Doctor, if my right leg hurts because of old age, why doesn't the left one hurt? It's the same age, you know."

Doctor, doctor...

Bruce, one of the world's greatest hypochondriacs, bumps into his doctor at the supermarket one day.

"Doc," Bruce says. "I've been meaning to tell you... remember those voices I kept on hearing in my head? I haven't heard them in over a week."

The doctor says: "Oh, that's wonderful news Bruce; I'm so happy for you."



Share a laugh at Christmas!

"Great news?" Bruce questions. "There's nothing wonderful about it. It can only be because my hearing is starting to go now."

On your bike

Mick and John are sitting in the Corio pub watching the Tour de France on TV.

Mick shakes his head and says: "Why in the hell do they do that?"

"Do what?" asks John.

Mick says: "Go on them bikes for miles and miles, up and down the hills, round the bends day after day, week after week. No matter if it's icy, raining or snowing they ride. Now why would they torture themselves like that?"

John says: "For all the prestige and the money... you know the winner gets about a half a million Euros."

And Mick says: "Yeah, I understand that, but why do all the others do it?"

That's Becks

David Beckham gets into a London taxi and he sees the driver looking at him in the rear-view mirror.

After about five minutes the driver says: "Okay, give me a clue."

Beckham says: "I had a glittering career at Manchester United, played in the USA and got over 100 caps for England, is that enough?"

The driver says: "No, where do you want to go?"

Father Christmas jokes...

What do you call people who are afraid of Santa Claus? Claustrophobic.

Why does Santa have three gardens? So he can ho-ho-ho.

Why was Santa's little helper sad? Because he had low elf esteem.

What do call Santa when he stops moving? Santa Pause.

Why do mummies like Christmas so much? Because of all the wrapping.

Where do reindeer go to dance? Christmas balls.

Who hides in the bakery at Christmas? A mince spy.

What does Santa do with fat elves? He sends them to an elf farm.

What kind of motorbike does Santa ride? Holly Davidson.

Who delivers presents to cats? Santa Paws.

What did the sea say to Santa? Nothing; it just waved.

Who delivers presents to baby sharks at Christmas? Santa Jaws.

Who is Santa's favorite singer? Elf-is Presley.

What do Santa's little helpers learn at school? The elf-abet.

What do you get if Santa goes down the chimney when a fire is lit? Krisp Kringle.

How long do a reindeers legs have to be? Long enough to touch the ground.

What do reindeer hang on their Christmas trees? Horn-aments.

Why are Christmas trees so bad at sewing? They always drop their needles.


What's worse than Rudolph with a runny nose? Frosty the snowman with a hot flush.

Why did the Christmas turkey join the band? Because it had the drumsticks.

What did Adam say on the day before Christmas? It's Christmas, Eve.

What do angry mice send to each other at Christmas? Cross Mouse cards.

What is the best Christmas present in the world? A broken drum; you just can't beat it.



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The Hunger Games: Catching Fire

(M) Action, adventure, thriller starring Jennifer Lawrence, Liam Hemsworth, Josh Hutcherson. The film begins as Katniss Everdeen (Lawrence) has returned home safe after winning the 74th Annual Hunger Games along with fellow tribute Peeta Mellark (Hutcherson). Winning means that they must turn around and leave their family and close friends, embarking on a Victor's Tour of the districts. Along the way Katniss senses that a rebellion is simmering, but the Capitol is still very much in control as President Snow (Sutherland) prepares the 75th Annual Hunger Games, The Quarter Quell - a competition that could change Panem forever. Fri, Dec 6: 12.01pm, 8.25pm; Sat, Dec 7: 10am, 8.25pm; Sun, Dec 8: 7.45pm; Tues, Dec 10: 8.25pm; Wed, Dec 11: 7.15pm; Fri, Dec 13: 8.25pm; Sat, Dec 14: 8.25pm; Sun, Dec 15: 7.35pm; Tues, Dec 17: 8.25pm; Wed, Dec 18: 8.25pm.

One Chance

(PG) Biography, comedy, musical starring Jemima Rooper, James Corden, Julie Walters. An amateur opera singer and mobile-phone salesman, Paul Potts was riddled by a streak of bad luck when, on a lark, he auditioned for *Britains Got Talent* in 2007. His on-air performances ended up bowling over audiences and judges, including Cowell. He went on to win the show and become a media and YouTube sensation, eventually going on a global music tour and releasing an album. Fri, Dec 6: 2.25pm, 6.45pm; Sat, Dec 7: 12.40pm, 4.40pm, 6.45pm; Sun, Dec 8: 1.45pm, 5.55pm; Tues, Dec 10: 6.45pm; Wed, Dec 11: 1pm, 5.10pm; Fri, Dec 13: 2.35pm, 4.40pm, 6.45pm; Sat, Dec 14: 12.30pm, 2.35pm, 6.45pm; Sun, Dec 15: 1.50pm, 5.55pm; Tues, Dec 17: 12.30pm, 2.35pm, 6.45pm; Wed, Dec 18: 12.30pm, 2.35pm, 6.45pm.

Enough Said

(M) Comedy starring James Gandolfini, Julia Louis-Dreyfus, Lennie Loftin, Jessica St. Clair. A divorced and single parent, Eva (Julia Louis Dreyfus) spends her days enjoying work as a masseuse but dreading her daughter's impending



departure for college. She meets Albert (James Gandolfini) and as their romance quickly blossoms, Eva befriends her new massage client. Marianne rags on her ex-husband way too much. Suddenly, Eva finds herself doubting her own relationship with Albert as she learns the truth. Fri, Dec 6: 2.45pm; Sat, Dec 7: 2.45pm; Sun, Dec 8: 3.55pm; Wed, Dec 11: 10.30am*, 3.10pm.

Delivery Man

(M) Comedy starring Cobie Smulders, Chris Pratt, Vince Vaughn. Underachiever David Wozniak, whose mundane life is turned upside down when he finds out that he fathered 533 children through sperm donations he made 20 years earlier. In debt to the mob, rejected by his pregnant girlfriend, things couldn't look worse for David when he is hit with a lawsuit from 142 of the 533 twenty-somethings who want to know the identity of the donor. As David struggles to decide whether or not he should reveal his true identity, he embarks on a journey that leads him to discover not only his true self but the father he could become as well. Fri, Dec 6: 12.15pm, 4.40pm, 8.50pm; Sat, Dec 7: 12.20pm, 4.25pm, 8.50pm; Sun, Dec 8: 3.30pm, 8pm; Tues, Dec 10: 8.50pm; Wed, Dec 11: 10.45am*, 1pm, 7.30pm; Fri, Dec 13: 2.20pm, 8.50pm; Sat, Dec 14: 2.15pm, 4.40pm, 8.55pm; Sun, Dec 15: 3.35pm, 8pm; Tues, Dec 17: 2.15pm, 4.40pm, 8.55pm; Wed, Dec 18: 2.15pm, 4.40pm, 8.55pm.

Cloudy with a Chance of Meatballs 2

(G) Animation, adventure, family movie starring Bill Hader, Anna Faris, James Caan, Will Forte, and Andy Samberg. Flint Lockwood now works at The Live Corp Company for his idol Chester V. But he's forced to leave his

post when he learns that his most infamous machine is still operational and is churning out menacing food-animal hybrids. Fri, Dec 6: 4.30pm, 6.30pm; Sat, Dec 7: 10.20am, 2.25pm, 6.30pm; Sun, Dec 8: 1.30pm, 5.40pm; Tues, Dec 10: 6.30pm; Wed, Dec 11: 3.15pm, 5.15pm; Fri, Dec 13: 4.25pm, 6.30pm; Sat, Dec 14: 12.15pm, 4.25pm, 6.30pm; Sun, Dec 15: 1.35pm, 3.55pm, 5.40pm; Tues, Dec 17: 12.15pm, 4.25pm, 6.30pm; Wed, Dec 18: 12.15pm, 4.25pm, 6.30pm.

Anchorman 2: The Legend Continues

(CTC) Comedy starring Will Ferrell, Paul Rudd, Steve Carell, David Koechner, and Christina Applegate. With the 70's behind him, San Diego's top rated newsman, Ron Burgundy (Will Ferrell), returns to the news desk. Also back for more are Ron's co-anchor and wife, Veronica Corningstone (Christina Applegate), weather man Brick Tamland (Steve Carell), man on the street Brian Fantana (Paul Rudd) and sports guy Champ Kind (David Koechner) - all of whom won't make it easy to stay classy... while taking New York's first 24-hour news channel by storm. Commences December 19.

Christmas Candle

(G) A family movie starring Hans Matheson, Samantha Barks, Lesley Manville, Sylvester McCoy, and James Cosmo. Deep in the heart of the English countryside lies the enchanting village of Gladbury. Legend has it every 25 years an angel visits the village candlemaker and touches a single candle. Whoever lights the Christmas Candle receives a miracle on Christmas Eve. But in 1890, at the dawn of the electric age, this centuries old legend may come to an end. Commences December 19.

Continued P23

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From P22

Frozen

(PG) Animation, family movie starring Kristen Bell, Alan Tudyk, Idina Menzel, Josh Gad, and Jonathan Groff. Fearless optimist Anna (voice of Kristen Bell) sets off on an epic journey – teaming up with rugged mountain man Kristoff (voice of Jonathan Groff) and his loyal reindeer Sven – to find her sister Elsa (voice of Idina Menzel), whose icy powers have trapped the kingdom of Arendelle in eternal winter. Encountering Everest-like conditions, mystical trolls and a hilarious snowman named Olaf (voice of Josh Gad), Anna and Kristoff battle the elements in a race to save the kingdom. Commences December 26.

The Hobbit 2: Desolation of Smaug

(CTC) Adventure, drama, fantasy starring Richard Armitage, Martin Freeman, Benedict Cumberbatch, Ian McKellen, and Aidan Turner. Directed by Peter Jackson. The continued adventure of the title character Bilbo Baggins as he journeys with the Wizard Gandalf and thirteen Dwarves, led by Thorin Oakenshield, on an epic quest to reclaim the Lonely Mountain and the lost Dwarf Kingdom of Erebor. Commences December 26.

The Secret Life of Walter Mitty

(CTC) Adventure, comedy starring Kristen Wiig, Ben Stiller, Sean Penn, Kathryn Hahn, and Adam Scott. Ben Stiller directs and stars in The Secret Life of Walter Mitty, James Thurber's classic story of a day-dreamer who escapes his anonymous life by disappearing into a world of fantasies filled with heroism, romance and action. When his job along with that of his co-worker (Kristen Wiig) are threatened, Walter takes action in the real world embarking on a global journey that turns into an adventure. Commences December 26.

Walking With Dinosaurs: The Movie

(CTC) Family, adventure starring John Leguizamo, Justin Long, Tiya Sircar, Skyler Stone, and Charlie Rowe. For the first time in movie history, audiences will truly see and feel what it was like when dinosaurs ruled the Earth. This is the ultimate immersive, big screen adventure for families. Meet dinosaurs more real than you've ever seen as you take off on a thrilling prehistoric adventure, where Patchi, an underdog dinosaur, triumphs against all odds to become a hero for the ages. Run time 85 minutes. Commences January 1.

American Hustle

(CTC) Crime, drama starring Jennifer Lawrence, Amy Adams, Christian Bale, Robert De Niro, and Bradley Cooper. A fictional film set in the alluring world of one of the most stunning scandals to rock our nation. Story of brilliant con man Irving Rosenfeld (Christian Bale), who along with his equally cunning and seductive British partner Sydney Prosser (Amy Adams) is forced to work for a wild FBI agent Richie DiMaso (Bradley Cooper). DiMaso pushes them into a world of Jersey powerbrokers and mafia that's as dangerous as it is enchanting. Irving's unpredictable wife Rosalyn (Jennifer Lawrence) could be the one to pull the thread that brings the entire world crashing down. Commences January 2.

Free Birds

(G) Animation, comedy starring Owen Wilson, Woody Harrelson, Amy Poehler, George Takei, and Colm Meaney. In this irreverent, hilarious, adventurous buddy comedy for audiences of all ages, two turkeys from opposite sides of the tracks must put aside their differences and team up to travel back in time to change the course of history – and get turkey off the holiday menu for good. Commences January 9.

Saving Mr. Banks

(PG) Biography, drama, comedy starring Tom Hanks, Colin Farrell, Ruth Wilson, Emma Thompson, and Paul Giamatti. Hollywood drama on Walt Disney's (Tom Hanks) 20-year pursuit of the film rights to British author P.L. Travers' (Emma Thompson) Mary Poppins novel. As Travers visits California in 1961, Disney struggles to convince her of his screen vision and to crack her prim exterior. Commences January 9.

The Book Thief

(PG) Drama, war movie starring Roger Allam, Sophie Nélisse, Heike Makatsch, Julian Lehmann, and Gotthard Lange. Directed by Brian Percival. Based on the beloved bestselling book, The Book Thief tells the inspirational story of a spirited and courageous young girl who transforms the lives of everyone around her when she is sent to live with a new family in World War II Germany. Commences January 9.

* 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+.

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Night owls is still a real hoot

The grip is not quite right, but the Hooker Bowlers' skipper Beth Jalleh is forgiven. Next moment she was carrying on like normal; the arm twist, knee slightly bent and 'high-fiving' her teammates from the local L.J. Hooker office in Goolwa. Welcome to night owls. If you didn't think these guys care about winning, take a look at her steely eyes. "Dare we use the wrong bias," a teammate bemoans. All part of the frivolity, of course; it's about fun.

This social night out under the banner of 'night owls' is celebrating its 30th season, and after so many traditional bowlers once scorned at the very thought people of all ages, shapes and sizes could dare walk on their green, you won't find a club throughout Australia that doesn't welcome these competitions and mostly occasional bowlers. Heck, people probably would pay money to see Beth's antics.

Great Southern Men's Bowling Association secretary Jim Roberts, of Hayborough, moved to the area three years ago after 19 years as club secretary-treasurer at the Edwardstown Bowling Club. "Night owls has helped a lot of clubs that otherwise would not have survived," he said.

"It is about having a night out and simply enjoying a game of bowls. It has led to so many players taking on the game in other competitions.

"Night owls is also a great way to find out whether the game is for you. It can be expensive taking up the game more seriously, perhaps a \$1000 the first year what with your club fees, the appropriate clothing and a set of new bowls. With night owls we lend you the bowls, you play in casual clothes, it costs about \$10 to join a team and all you need is a pair of flat-soled shoes."



Lawn bowls is certainly popular along the southern coast with almost 1400 full members who play pennants and various other competitions besides night owls in the men's and women's competitions just about every day at Goolwa, Port Elliot, Victor Harbor and Encounter Bay. Between them, they also have an estimated additional 300 night owlers. And then, some are howlers.

"Lawn bowls is certainly growing in this area, and obviously the retirement situation has a lot to do with it," Jim said. "It's very much a sport whereby you can relax and enjoy the

“

It is about having a night out and simply enjoying a game of bowls. It has led to so many players taking on the game in other competitions.

– Jim Roberts, secretary of the Great Southern Men's Bowling Association.

game, regardless of what level.

"Having played in town for so long, I have no doubt the top sides here would compete extremely well with the strong sides in Adelaide.

"Serious bowls is also not for everyone, and that is why all 14 clubs in our association offer competition at all levels. It is a game for everyone, and if you want to try and see how you go, come out to night owls; you'll have a great time."

Beth (pictured) said she loved playing night owls because it was another social catch-up. "We have a few laughs," she said. "It's just a shame we don't win very often, but hey, there's always a chance with the chocolate wheel at the break."

We can report, without bias, the Hooker Bowlers bought a giant cluster of tickets for the chocolate wheel last week, and like their performances on the greens, there is not a happy end to this story. Maybe it was the spinner's grip.

If you would like to enquire about playing bowls please contact Jim at the Great Southern Men's Bowling Association on 8554 3362, or Margaret Borlase, secretary of the Great Southern Women's Bowling Association, on 8555 1596.

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Narnu Farm on Hindmarsh Island has won two national tourism awards, and last month won its seventh state award while being inducted to the South Australian Tourism Hall of Fame. The secret? According to its managing director Sarah Hirsch, it's about families leaving on a...

Happy trail from a feel good farm

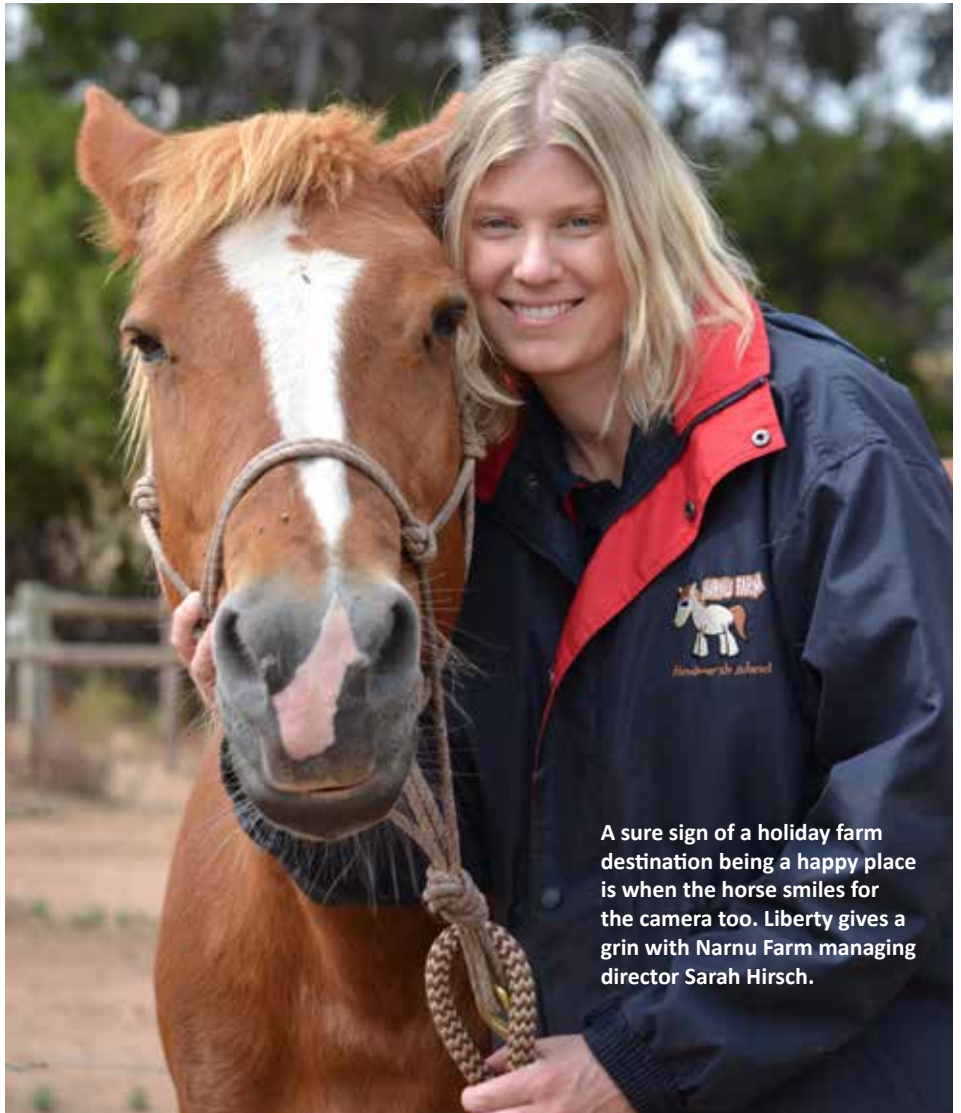
Some may remember Roy Rogers moseying out to the Double R Bar Ranch on his Palomino horse named Trigger singing *Happy Trails* with Dale Evans. It was ripping feel-good television from 1951-57 that warmed American hearts and those across the Pacific.

The crew at Narnu Farm on Hindmarsh Island certainly aren't in your cowboy mode, but according to managing director Sarah Hirsch the feeling they get from looking at the faces on the mums and dads and their young children as they ride into the sunset and toast a marshmallow for the first time bears that same emotion.

It's largely why this place has won two national tourism awards – 2008 and in February this year – and at the recent South Australian Tourism Awards was judged the best standard accommodation for the seventh time and entered the SA Tourism Hall of Fame. Sarah, and her husband, Joel, who own Narnu Farm with her parents, Kay and Vin Keneally, will now represent SA again at the national awards in Sydney on February 8.

Sarah is often asked the secret to the success of their farm. After all, taking a pony for a walk and feeding the lambs is hardly innovative. And better than all the theme parks and adventure islands in Queensland – again? Definitely, according to the judges. Look beyond the usual tourism gimmicks and you discover Narnu Farm is so different because the very concept is not driven by money alone, but that sheer look at any one of the 15 or so families staying at once having an amazingly good bonding session.

Narnu Farm was first developed by Don and Maxine Maxwell in 1979, and Sarah and Joel, who met while doing an eco-tourism degree at Flinders University, took it over 10 years ago. Some couples meet and buy a house before they marry; these guys bought a tired farm. "It's been a hard slog," Sarah said. "We worked huge days getting the place how we wanted to, every day for many years. Joel works here part-time doing marketing now because he also has an art business working with metal in Goolwa



A sure sign of a holiday farm destination being a happy place is when the horse smiles for the camera too. Liberty gives a grin with Narnu Farm managing director Sarah Hirsch.

(Obscure Studio).

"This isn't the place to make heaps of money, if that's what you're looking for in life. It's more about your lifestyle; enjoying what you do. You spend so much of your life working so you have to enjoy what you do.

"We do school camps during the week, and family accommodation on weekends and

school holidays. It is just a unique formula that seems to work. It's about getting outside and being on the farm.

"Much of the weekend visits are all about reconnecting with family and friends. They come down here and the kids get to do all the activities while the parents enjoy watching them.

Continued P27

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From P26

Quite often they come here as family-friendly groups and they all get to catch up while the kids are off playing in a safe environment... it is so satisfying for all of us here. You feel that you are helping people enjoy life.

"With the school camps, a lot of the kids are city-based and they just don't get opportunities to get out on the farm. They plough with a Clydesdale and ride a horse, feed animals, attend a blacksmith demonstration and make butter; all the country things. It's also about teaching children how life used to be.

"I guess it's one of those special places that you remember when you get older. Joel came here on a Year 3 camp, and I worked here during the holidays when I was at uni."

As much as Sarah is acknowledged for her dedication to Narnu Farm, she insists that the staff of 12 are the real heroes. The task of servicing and maintaining seven cottages and the bunk-houses, plus the catering, is full-on. Besides, Sarah also tends to her three-year-old son, Oscar.

Sarah said some families come here every year and she watches the kids grow up. "I see them put gum boots on for the first time and jump in puddles," she said. "It's basic stuff, and they love it. The backyards are getting smaller in the city and they come here for the space; to play

cricket and kick a ball with their family.

"A lot of those kids have now grown up and are travelling the world, yet now and again they call in and say hello. I think that's nice, and just typical of this place.

"I guess the most heartening times are when we have a Camp Quality group (children's cancer support organisation), and another time it might be someone with Muscular Dystrophy. We get them on a horse, and it is a most rewarding experience for everyone.

"We have kids from the school for visually impaired with 80 per cent of them legally blind, and they do almost everything, even if it's just sitting on a horse; they are incredible. It shows you this place is for everyone; and how it can be inspiring.

"Behind these special moments are the horses themselves, who just seem to know; they share an amazing bond with all of the children. "I guess a lot of people love their job, but what makes mine special is seeing families go off on a Sunday night. Life is probably not easy for some, and to see them go home happy just makes you feel good inside.

"It's just what we do; it's not about the awards and certainly not about the money. There is no real secret to Narnu Farm; it is simply about getting back to the basics in life; having fun, especially as a family."



Golf Club ready to rate well above par

Being at a golf club, they bring a new meaning to the "iron chef". Introducing Jon and Sally Dean, the much-welcomed new team at the Victor Harbor Golf Club's restaurant, Navigator's.

They have been running the Woolshed Restaurant at Rawnsley Park in the Flinders Ranges the past five years, and with an impressive background and reputation in restaurants they will certainly lift the standard here. The enthusiasm and fun is back in the kitchen.

"The golf club wanted us to lift the profile to more than clubhouse dining," Jon said. "They want to offer something more up-market for dinner on the south coast to take full advantage of the view."

Jon and Sally are presenting good, modern Australian cuisine using fresh, local produce. They're also catering for people with special needs.

"We want to do special function dinner-dances," Sally said. And they're starting with New Year's Eve with a three-course meal and a super show featuring Etype with its contemporary popular songs. Tickets \$77 at the club.

Pictured: (from left) catering staff Ashley Sutton and Toby Williams with new Navigator's Restaurant chefs Jon and Sally Dean.

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Plan to make your business succeed

The Southern Alexandrina Business Association and the Goolwa & District Community Bendigo Bank held the fourth of a series of forums on *How to help your business grow* at the Goolwa Football Club rooms last week. The latest discussion was *How to grow your business by planning your business future*, presented by Dierdre Albrighton, of Albrighton Consulting and Training Services. Smaller businesses are generally very good at producing goods or services, but in some cases don't always have the time or perhaps knowledge to hone their skills when it comes to actually taking care of their business. The overwhelming reminder that Dierdre delivered to our local businesses was the need to have a good business plan – and constantly referring to it, and where necessary updating. "Trends clearly show that a vast majority of businesses that have failed did not have a business plan," Dierdre said. "We strongly recommended that if anyone is



No. 6 in a series highlighting how the Goolwa & District Community Bendigo Bank is helping your community

planning to start a business, or does not have a business plan, they get their accountant to go over it for them, or someone they trust like their bank manager. It is as much about peace of mind as it is allowing your business to grow. "Reviewing the plan is a critical business function for planning for your business to succeed." Dierdre believes a business plan is best categorised by a business summary, management or operational plan, marketing, futures statement, and finance. The futures statement relates to having a vision statement – the values of your organisation for



Helping local business grow (from left) Goolwa & District Community Bendigo Bank manager Michael Bastian, guest presenter Dierdre Albrighton, and SABA president Andrew Stewart.

customers to observe – and a mission statement which basically suggests how to achieve your goal. Dierdre said talking to, and working with your bank was so important in business, pointing out that at some stage the business may need a loan to help with its growth, and the first thing the bank will ask for is a look at the business plan. Common sense, really. However, the advantage the Goolwa & District Community Bendigo Bank has is that it has a manager in

Michael Bastian whose entire career has largely been based around business banking. Better still, he actually works in the office within our community, and communicates in person and not from interstate. It may not be about a loan; it could be simply asking Michael for some advice. The G&DCBB is there to offer support, and if your business supports the G&DCBB in return it can help you and the community grow. It adds another meaning to a smart business plan.





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Goolwa & District Community Bank® Branch

Goolwa gives a fair school lesson

The Goolwa Primary School held a successful twilight fair last week, and it wouldn't have been a show without Pig E. Bank walking – perhaps wobbling – around the grounds. He – or was it Mrs Piggy? – promoted the Goolwa & District Community Bendigo Bank by being a real hit amongst the youngsters (and big kids as our photo shows) but there was also another message here. An equation on one of the classroom blackboards could have read: G&DCBB support + school parents and friends = a better school = a plus for education and the community. It was not lost on the G&DCBB that once again a lot of effort went into putting on this fair to make Goolwa Primary be the best it can, and everyone involved deserves a big 'thank you' and the support of their community and its bank. However, there is another equation; it's about some of the parents of the children – everyday members of our community – supporting the G&DCBB in return with profits from their transactions again going back into



Pig E. Bank gets a big hug from Suse Angus.

organisations like the Goolwa Primary School. Perhaps the thing investors are surprised to learn most is that the G&DCBB can provide all of the services like any other bank – and the big difference is that its board members are volunteers from within our community. It's all about learning what the G&DCBB can do for our community, and how we can all play a part – no matter how small – in helping our community grow even more. Well done to all; it was a fabulous twilight fair, and who knows, next year our Pig E. Bank might go on one of the camel rides.

Oh, Christmas tree, oh, no Christmas tree

Home Decorator's Corner with Monique



Monique Gill is the new owner of Adrift in Goolwa. A writer, colour consultant and home-stager, she is also a self-confessed decluttering diva.

Walking through the aisles at our local supermarket, carols blaring, I suddenly realised we had only weeks to go till Christmas. I am one of those people – love this time of year, with all its over-the-top silliness.

I rushed home, straight to the shed to pull out our tree: a deep-green, plastic giant. The top half was easy to find; but it took much longer to locate the bottom section amid a pile of long forgotten treasures and cobwebs. The stand, however, was missing.

A quick wipe with a damp cloth, and the tree – now propped up in a bucket filled with tinsel – would do another year. Or so I thought.

I spent half an afternoon dressing it; enjoying the tradition of carefully unpacking and hanging the baubles we'd collected over a lifetime. I felt smugly satisfied with a job well done. Until my 10-year-old arrived home from school and, head cocked to one side, announced: "The tree looks funny! Why is it leaning over like that?"

Suddenly, the tree did look ridiculously precarious. It also looked out of place – its green oppressively dark in our bright, white living room; its size overwhelming the small space. That was it. The tree had to go. After a seemingly endless search for a fitting replacement I decided it was time to go minimalist. We now have a Scandi-style tree with a smattering of white, silver and delicate glass ornaments. No more tinsel. No tangle of lights. Beautiful in its simplicity (ignoring, of course, the one glittering angel my daughter made in kindy; and the red knitted Rudolph I couldn't bear to part with).

The only thing left to do was to tidy up,

because a clean, functional tree definitely deserves a space free of clutter.

Top tree tips for happy decorating

- Measurements matter. Need a new tree? Remember to measure the ceiling height and width of the space in which you wish to place your tree before you buy
- Branch out. Pick a tree with some space between its branches. Many artificial trees are too full, which means your ornaments won't hang straight
- Location, location... for maximum enjoyment, position your tree where you spend most of your time, e.g. in the family room rather than a formal living area. Avoid high-traffic areas and remember not to place it in front of important switches or main power points. And leave enough room to move around it
- One, two, three... always hang lights first, followed by tinsel or garlands, then ornaments
- Bigger is better. When choosing ornaments, consider size – large decorations make a big statement, and you'll need fewer pieces to fill your tree
- Balance is key. Avoid hanging all your baubles on the tips of the branches; place some 'inside' your tree to add depth and interest. Also make sure you spread your decorations evenly around the tree
- Stick to a theme. For a balanced, well-dressed tree choose a theme based on either style or colour. Styles could include an elegant theme (using velvet ribbons, gold beaded garlands and traditional ornaments) or a beachside theme (using woven ornaments and glass balls in watery blues, aquas and sand). If you base your theme on colour, stick to no more than three different hues at once. For perfect harmony, match your theme to the style or colours in your room
- Dress for success. As a guide, use basic ornaments to fill your tree, such as balls in one or two colours. You'll need about 20 basic decorations for each 0.5m of tree. Then add six to 10 special ornaments to every 0.5m of tree as highlights
- Pride of place... Lastly, remember to



declutter table tops, mantels and shelves – pack away books, magazines, photo frames and knick-knacks. Cleared surfaces will let your decorations shine and make your tree the focal point of the space.

Here's wishing you bountiful blessings, peace and abundant joy.

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Cooking your Christmas turkey

It can be very intimidating cooking turkey for Christmas – I call it the fear factor! I saw these hints on the internet, and they may put you mind at ease on the big day:

- * Roast your turkey the day before or early on the day you're going to serve it
- * Remove turkey from the oven and let it rest for a few minutes before carving it, to prevent the juices from escaping
- * Remove thighs and drumsticks by gently bending each away from the carcass and, using a sharp knife or kitchen shears, cut between the joints
- * Using a sharp knife, cut along one side of the breast bone to remove the entire breast in one piece. It will look like a big boneless roast. *

Repeat same step on other side

- * Remove wings
- * Place cut-up turkey in a heavy roasting pan and, if you're serving it soon, let it sit, covered, to keep warm. If you're preparing it ahead of time, cover the pan and store it in the fridge until you're ready to reheat it
- * To reheat it, pour some chicken broth into the pan, cover it, and heat it in a preheated oven or, even faster and smarter, to free up oven space, steam it on the stovetop about 15 minutes. Either way, you'll have the juiciest turkey ever
- * Right before serving, simply slice the turkey breast across the grain and you're ready to go with no mess and no fuss at the table.

A healthy and happy pizza for kids to try

Eat healthy with OPAL

with Linda Scholz from the Obesity Prevention and Lifestyle program

Here's a healthy pizza, and perhaps something for your child to try making during the school holidays with your supervision. Preparation time: 30 minutes

Ingredients

1 pita bread
1 big piece light mozzarella cheese
Tsp. olive oil

Toppings

½ hand full shredded ham
2 cherry tomatoes
¼ red capsicum
Cooked corn cob
¼ Zucchini
4 Broccoli flowers
1 Mushroom

6 pineapple pieces

Tomato paste
1 clove garlic
Oregano
Tomato paste



Method

Tomato paste:
Crush garlic.

Chop oregano into small pieces. Mix garlic and oregano in tomato paste.

Pita Pizza Faces: Spread pizza paste over the surface of a pita bread with the back of a teaspoon.

Grate mozzarella cheese over the pizza base.

Design your pizza face by chopping and arranging a variety of toppings on top of the cheese. Brush larger vegetables with a little olive oil.

Bake for 10-15 minutes until cheese is melted and vegetables are tender.

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Merry Christmas to all of our readers, and I hope you have success cooking on Christmas day!



Christmas EAT WAVE with Jenny

Entertain with this irresistible fab-pav

It has been English an tradition to make a Christmas Pudding "like grandma used to make", but times are changing... more of us are turning to a sensational pavlovas for Christmas Day dessert or simply through the festive season. This one comes with bragging rights.

Pavlova Wreath

Ingredients

4 egg whites, at room temperature
¾ cup sugar
1 teaspoon white vinegar
½ teaspoon vanilla essence
1½ cups thickened cream
1 tablespoon icing sugar
½ cup strawberry jam
2 teaspoons brandy
strawberries, pomegranate seeds, kiwi fruit

Method

Pre-heat oven to 150°C. Cut a piece of baking paper approximately 30cm square and fold in half. Cut a 6cm wide by approx. 3cm deep semi-circle in the centre of the folded edge, so when you open it you have a hole in the centre of the square piece of paper. Place on oven tray.
Beat egg whites with electric mixer on high speed until soft peaks form. Gradually add sugar, beating after each addition Continue beating until all the sugar has dissolved. Add vinegar and vanilla, and beat until combined. The mixture should be thick and glossy. Place spoonfuls around the hole in the baking paper, to form the shape of a wreath. Mould the wreath with a knife, roughing up the edges



once the shape is made. Ensure the sides of the wreath are wide enough and flat enough so that fruit can sit on top.
Place in the pre-heated oven and bake for 45 minutes, or until the tips of the pavlova have a slight golden tinge, and the shell is slightly firm to touch.
Remove from the oven and slide onto a wire rack or bread board to cool. Once cooled pavlova can be served, or it can be stored overnight.
To prepare for serving: in a saucepan warm strawberry jam and brandy (optional) over low heat. Strain through a sieve. Set aside to cool. Whip cream until it begins to thicken, then

beat in sifted icing sugar and continue beating until cream is thick.

Trim baking paper around outer edge of wreath with scissors, making sure not to break the pav! Using a dinner knife, cover wreath with cream, then drizzle with strawberry jam mixture. Top with hulled, halved strawberries, fresh pomegranate seeds (if available) and kiwi fruit.

Serves 6-8.

Options: The ingredients can be proportionally increased to make a bigger pavlova. A raspberry coulis could be used instead of the strawberry jam sauce, and different fruit could be used, eg blueberries, raspberries, banana.



Merry Christmas and a happy New Year to our valued customers. We have some cheer to share.

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