

FREE

Coast Lines

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

February, 2014
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Inside



P6: Merry John and his crossbows



P12: Meet Pete, a real Chic magnate



P24: The 'good oil' on Andrew's olives

PLUS... Healthy recipes in Eatwave



It's ABC for these 'Gen Z' youngsters

It was all smiles for these bright young children in Krystal Wright's class at Investigator College at Victor Harbor campus who were enjoying their first day of school. They were among more than 100 students across the southern Fleurieu region in the new reception intake – now the only one for the year under a nationwide plan to make the system uniform, leading to better outcomes for students. The good news is that these five-year-olds, who are part of Generation Z, can't go wrong in Mrs Wright's class.

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Have a heart and Lock in the Love

February is Heart Research Month and the National Heart Foundation is using St Valentine's Day as a focus for an 'art attack' to create awareness and raise much needed funds for research.

Described as an art installation with a *Lock in the Love* theme, the British concept involves buying a lock with a heart-shaped metal fob on which to post a love message to someone, and lock it on one of the big sculptured frames that spell the word 'love'.

The South Australian branch of the National Heart Foundation is reaching for support across the state, and we're invited to be part of this innovative and new campaign with the sculpture set up in Rundle Mall.

For a \$10 donation, the Foundation will provide you with the padlock and heart-shaped fob. You may then grab one of the photo frame props or whiteboards on site and take a 'selfie' and

perhaps spread the message of love to your family or friends. It is a lovely way to remember and share support following the loss of someone from heart disease – the biggest killer of Australian men and women.

The occasion is also a great reminder to take more care and live a healthier lifestyle, and Jenny has used her *Eatwave* column to promote healthy recipes kindly provided by the National Heart Foundation (SA).

Visit <http://www.bhf.org.uk/get-involved/fundraising/love-installations.aspx> to view a UK clip on the *Love up the Love* promotion, and www.lockintheLove.com to find out more on our local campaign. See P30-31 for the recipes.

Helping to promote the *Lock in the Love* campaign in Adelaide were Darcy and Taite.



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Stepping down... festival chairman Michael Moseley (left) and infrastructure and site manager Rob Wilson.

Two men in a wooden boat festival leave with a change of tide

The South Australian Wooden Boat Festival, a state tourism award winner and last year a national tourism bronze medallist, has lost its rudder.

Chairman Michael Moseley and infrastructure and site manager Rob Wilson have resigned, effectively totally disbanding the committee that had voluntarily put on this fabulous biennial event at Goolwa Wharf since 1989.

The Alexandrina Council, which took over the event months before last year's festival, has now called for an expression of interest from suitably qualified companies to run the SA Wooden Boat Festival from February 21-22, 2015. Submissions close Monday, February 10. Michael, who served 14 years on the committee including 12 as chairman, and Rob, whose hands-on commitment over 12 years was equally invaluable, said the hierarchy of Alexandrina Council had chosen a different direction for the festival, for 2015 and beyond.

Michael and Rob paid tribute to the sponsors, service clubs, suppliers of services, and especially every volunteer including some dedicated Alexandrina Council employees.

"We have appreciated the effort and commitment toward helping make the Festival a great tourism drawcard for our region," they said.

"The festival has grown to be the major regional event for South Australia, the second largest wooden boat festival in Australia and we think the best. The festival appears on many international wooden boating calendars as a must-see unique event, and over the years has had a lot of international, and Australian visitors."

Last year's event, with Griff Rhys Jones from the acclaimed English television series *Three Men in a Boat* the special guest, was a huge success, as were the previous 12 festivals.

Happy birthday to you, woof woof, woof woof

In dog years, the Friends of the Port Elliot Dog Park group has turned 15, but humans will reveal it is celebrating its second anniversary on Friday, February 28.

As expected, the park has been a huge success and continues to grow in popularity with more people learning where it is and learning how much their dogs love to play there. If by chance you cannot find it, follow the dog cut-out signs off Waterport Road or the main stretch to Victor Harbor, and head toward the back of the Port Elliot Showgrounds.

Stage 1 is completed and Friends of the Port Elliot Dog Park group is stilling raising funds for the next stage, which will include a shelter shed, large water tank, noticeboard, seats and tree guards, and dog agility equipment.

The support from local people and businesses has been fantastic, including Alexandrina Council staff who have done a magnificent job building this great community facility – the first dog park south of the city and hills.

To celebrate the occasion on February 28, take your dogs and drinks to the park at 5.30pm. Tables and champagne (for adult owners) will be provided.

Pictured having fun in the park were Polly (left) and Cilla.



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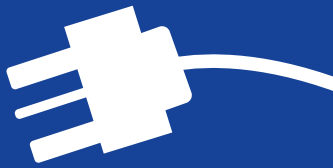
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It was a 'must watch' show for kids in the 50s and 60s... *The Adventures of Robin Hood*, starring Richard Greene, incredibly just one of 69 television series or movies on this Sherwood Forest hero. This old show inspired John Clark to be our own legend and now he's...

A merry man with his crossbow



When John Clark grew up in Box Hill, east of Melbourne, he rarely missed *The Adventures of Robin Hood*, a late-afternoon half-hour show on Channel Seven from 1955-60 starring Richard Greene. Ah, the days the hero of Sherwood Forest chased Maid Marian and led his Merry Men through the glen.

According to our John, of Goolwa, now it's all *Lord of the Rings* with a character named Legolas, played by Orlando Bloom, helping Frodo Baggins across Middle Earth.

Times have changed, but the impact of the

screen cult figures remains; both Robin Hood and Legolas are make-believe heroes with their bow and arrows, and like John's childhood the JRR Tolkien epics are inspiring nine-year-old boys to take up archery.

Re-run the *Lord of the Rings* movies and sure enough John's phone rings with enquiries about joining the Great Southern Archers Club, which has 35 active members based in Strathalbyn, with their indoor competition at the Goolwa Recreation Centre on the first, third and fifth Monday nights.

Continued P7



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NEW! Tuesday fish nights

From P6

The trouble, according to John, is that archery – and especially his biggest passion, crossbow competition, which falls under the same sporting umbrella – is mentally challenging with safety a high priority, and your average nine-year-old boy having a five micro-second attention span. It's different with the nine-year-old girls, he says.

The irony is that John is the real star in all this drama having been Australia's first-ever international crossbow competitor 30 years ago this year, at the World Championships in Wolverhampton, England, where amazingly, he made his own crossbow equipment, taught himself, trained by himself, and achieved a highly-respectable top-third finish.

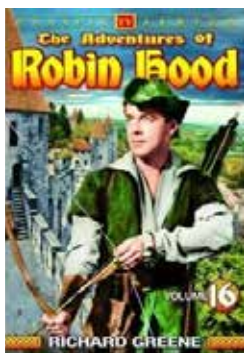
"In those days we had nothing in Australia; no equipment or competition," John said. "It was a proud moment for me in 1984, and fortunately we have since moved on."

John has been a board member of Archery Australia, which now has more than 100 crossbow competitors, and is currently the secretary general of the World Crossbow Shooting Association.

Adding to his remarkable contribution to the sport of crossbow shooting, John is one of only two people in Australia who makes competition crossbows, with the other being Chris Nunn, in Adelaide.

Of course, unreservedly, this makes John an expert on competition crossbows. Those used for hunting are mainly imported from Canada – and he has the agency as part of his business, Ausbow Industries.

It has been an impressive journey, and John puts it all down to the romanticism of Robin Hood and choosing to adopt a sport that suited him, competing in archery as a young kid and making his first vertical competition bow at 17. "I tried to establish the sport of crossbow shooting in Australia and New Zealand in 1980s, a time the gear was all self-made or imported from England, which was very expensive," John said.



"With Tony Kemp, a colleague in New Zealand, we developed a tournament target shooting crossbow – not for hunting – in 1995. After 23 years as a communications engineer with Telstra, I took a package a year later and turned a hobby into a business, making archery and crossbow equipment ever since.

"Personally, I prefer the cross to the vertical bow. The crossbow is not easy to shoot; it is very unforgiving. With the Olympic or vertical bow, if you have a bad release the nature of the bow is that it can compensate to some extent.

"Pull the trigger of a crossbow and the bolt or arrow takes 15 milliseconds to clear, whereas the arrow in a vertical bow is in free air after six inches.

"The good thing about archery in general, and the crossbow is part of that, is you don't have to be super fit. It requires incredible mental concentration, and for young a lot of kids who feel they cannot play team sport for whatever reason, archery can be ideal. It is good for kids with asthma, particularly with the vertical bow because their chest is being used, just like swimming. They compete against their last or best performance, which appeals to a lot of kids."

John, who has never used a crossbow for hunting, obviously loves the sport, which has three disciplines – target range, field course with targets set at various distances, and clout, shooting onto a horizontal target. Importantly, you cannot compete without specialised training with an accredited instructor.

The Strathalbyn club provides all the equipment, and it stresses upon newcomers not to buy equipment before getting involved in the sport because there are different needs for various competitions, and basically the rule is "one size does not fit all" – John's crossbows are crafted based on individual measurements. With an obvious hint of humility, John believes the disciplines of archery and crossbow competition have been incredibly good to him. The sport has taken him around the world as a competitor; his current world presidency led him to the world championships in Visby, Sweden last year, and mid-year he will venture to Germany for the European titles. But then, there is not a person with a crossbow who would hesitate saying a kind word about our John.

www.greatsouthernarchers.com.au

Get the walking shoes ready for a great cause

The magnificent Relay For Life organisation that raises much-needed funds for cancer research is celebrating its 30th year, and our Southern Fleurieu group is geared for another highly successful event at the Victor Harbor Hockey Club fields on March 29-30. The event was started in the United States of America by Dr Gordy Klatt, and is now held among 600 communities across 60 countries.

Australia's involvement started in 1999 when the Melbourne suburban community of Murrumbene raised more than \$75,000 for Cancer Council Australia, with more than \$14 million now raised across the nation.

Many of our local teams of 10-15 organise fundraising activities on behalf of the Cancer Council SA before the walk, but you may also take part in just the event. Overall, it's about meeting a lot of people and having an incredible amount of fun. The commitment can simply be as a registered substitute walker, or making a donation.

Normanville's John Clements, a cancer survivor and member of the local committee and who was acknowledged for his contribution to the cause by the American Cancer Society Global Relay For Life Heroes of Hope Program, said the participants can help make a difference.

"Relay For Life is an event that raises much-needed funds for cancer research and then celebrates life in a 19-hour carnival-style event with live entertainment, camping out, spot prizes, free massages and much more," John said.

"The event is held overnight symbolising the fact that cancer never sleeps."

It costs \$20 to register a team, and includes a Relay T-shirt for each team member and insurance. More information: Cancer Council SA 8291 4111 or John Clements 0407 606 273.

www.cancersa.org.au



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Until Feb 22

Take the Plunge Exhibition, Station Master's Gallery, Strathalbyn Railway Station. Be inspired by water – sea, rivers, waterfalls and lakes in any media any style. Free Entry. Wednesday-Sunday 10am-4pm.

February 8-9

Love Langhorne Creek... with a focus on alternative varieties of wine, discover wines and experience the region, Saturday 10am-7pm and Sunday 10am-5pm. Visit: langhornecreek.com

Sunday, February 9

The South Lakes Golf Club at Goolwa is holding an Ambrose event to raise proceeds for community radio station Alex FM. Get a team together with at least one player with an official golf handicap. Great prizes. Cost \$20 per player. Contact 8555 2299 to register.

Tuesday, February 11

The Royal Flying Doctor Service Fleurieu support group is holding a Women in the Fleurieu dinner at the Goolwa Aquatic Club, Barrage Road, at 7 for 7.30pm. Guest speaker is Rosemary Moyle, the RFDS health services educational and development manager. Two-course meal \$30. Bookings essential: Marcelle 8555 2283 or 0419 046 110 or Hilda 8555 3414.

February 14-16

Celebrate St Valentine's Day with lots of fun and action at the Kangaroo Island Cup Carnival at the Cygnet River racecourse, Kingscote. It's the first meeting of the carnival, and is followed by a street party on the Saturday night, and the Cooper's Kangaroo Island Cup on Sunday, February 16.



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Thought for the Month...

Friendship is like wetting yourself – everyone can see it, but only you get the warm feeling that it brings.

Sunday, February 16

The third and final of the fun run series will start and finish at Kent Reserve, Encounter Bay. Registrations 7.30am; 10Km walk 8am; 10km run 8.30am; 5km walk 8.30am; presentations 10am. Visit: www.foam.org.au

Sunday, February 16

The Singing French Detective, Currency Creek Winery. Experience a masterful mix of comedy, romance, adventure, pathos and song with the mysterious adventures of a detective working undercover as a busker on the Paris Metro.

Show only \$27, meal and show \$49. Bookings: 8555 4013.

Saturday, February 22

Echoes of Pink Floyd 2014, Currency Creek Winery. The band is made up of some of Adelaide's most talented musicians, with big sound and lighting displays that will impress Floyd Fans. Show only \$23; meal and show \$52. Bookings: 8555 4013.

Saturday, February 22

The Milang Regatta Yacht Club is geared for another big event – the annual Alexandrina Classic, racing from Goolwa to Milang via Point Sturt, across Lake Alexandrina and finishing at the Milang jetty. And then it's the big after-race party on the foreshore featuring country/rock band The Rustlers. It's a great event, and for more details contact the club on 0438 000 044 or visit milangregattaclub.com.au

Sunday, February 23

John McNamara acoustic soul and blues at Currency Creek Winery. Show only \$18; meal and show \$49. Bookings: 8555 4013.

February 26-April 6

Art... 'Five Directions' exhibition at Station Master's Gallery, Strathalbyn Railway Station, an annual event featuring mini exhibits by selected featured artists. Free entry. Wednesday-Sunday 10am-4pm.

Friday, March 7

The Fleurieu and Kangaroo Island Women's Community Awards dinner will be held at Navigator's Restaurant, Victor Harbor Golf Club. It's part of the International Women's Day celebrations, and hosted by local MP Michael Finniss. The award is presented to someone who has made the most outstanding contribution in the local community or has inspired others through their achievements in the areas of tourism, health and agriculture. Bookings: 8552 2152 or finniss@parliament.sa.gov.au

Continued P9

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February 10-11

Here we go... as the Crows fly over KI and southern Fleurieu

It will be like being away from home... the Adelaide Football Club visiting Victor Harbor, which many believe should be known as Crowsville, on Monday and Tuesday, February 10-11.

It's part of their annual Australia Post AFL Community Camp program which will see the players and coaching staff involved in free activities, including a coaching clinic, hospital and aged care facility and school visits.

A highlight will be an official dinner with the team at the Hotel Victor, open to all members of the public, on Monday night. The dinner, from 6.30pm, includes a two-course meal and costs \$50 for an adult and \$25 for a child (under 12 years). Proceeds from the night will go to the Great Southern Football League junior football program. Tickets are available from the Hotel Victor, or enquire at the Encounter Bay or Victor Harbor football clubs.

The Crows will hold a free coaching clinic at the Encounter Bay Football Club Oval on Monday from 4.30-5.30pm for all children aged 5-13 from the region. Also, about 40 players representing the South Adelaide Football Club Academy Squad will train under Adelaide assistant coaches Mark Bickley and Scott Camporeale at the Victor Harbor Football Club Oval from 5-6pm.

The Crows' schedule is:

Monday, February 10 – Kingscote Area School 9-9.40am, Parndana Area School 10.15-11am,

Penneshaw Area School 1.45pm-2.30pm, Port Elliot PS 1.40-2.20pm, Goolwa PS 2.30-3.10pm, Investigator College (Goolwa Campus) 1.40-2.40pm, West Park Aged Care Centre (Goolwa) 1-1.45pm, Rosetta Village (Goolwa) 2-2.40pm, Myponga PS 1.40-2.20pm, Yankalilla Aged Care Centre 2.30-3pm, Yankalilla Area School 1.40-2.40pm, Rapid Bay PS 2-2.30pm, Mt Compass Area School 1.40-2.20pm (Primary) and 2.20pm-3pm (High), Southern Cross Aged Care (Victor Harbor) 1-1.40pm, South Coast Carers Support Group (Victor Harbor) 1.45-2.30pm, Victor Harbor PS 1.40-2.40pm, Victor Harbor High School 1.40-3pm, Investigator College (Victor Harbor campus) 1.40-2.40pm, Encounter Lutheran School 1.40-2.40pm, Encounter Centre 1-1.40pm, Railway Cottage Dementia Unit 2-2.40pm, Ross Robertson Aged Care Centre 1-1.40pm, Kirribilly Aged Care Centre 1.45-2.30pm, South Coast District Hospital 1-1.40pm, Rosetta Village 1.45pm-2.45pm; 3pm City of Victor Harbor Council civic reception; 3-4pm Victor Harbor Toyota visit and Australia Post Office visit; 4.30pm-5.30pm free coaching clinic at Encounter Bay Oval; 5-6pm South Adelaide Football Club squads training session U16 squad at Victor Harbor Football Club oval; 6.30pm: official dinner, Victor Harbor Hotel.
Tuesday, February 11 – 9.30am-10.30am Adelaide Crows v primary school team (Encounter Bay Oval).



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.

Hey sport...

Feb 7: Cricket Australia – Big Bash final

Feb 7-23: XXII Winter Olympics, Sochi, Russia

Feb 12-16: Cricket – First Test, South Africa v Australia, Centurion, South Africa

Feb 20-24: Cricket – Second Test, South Africa v Australia, Port Elizabeth, South Africa

Feb 16: AFL NAB Challenge – Adelaide v Port Adelaide, Richmond Oval, 4.10pm

Feb 26-March 2: Cycling – World Track Championships, Cali, Columbia

Mar 1-5: Cricket – Third Test, South Africa v Australia, Cape Town, South Africa

From P8

Sunday, March 9

The Fringe Festival Travelling Caravan, Goolwa Wharf 10.30am-1.30pm. Free entry. The caravan will roll into town with some of the Adelaide Fringe's favourite performers. Bring a hat, rug, sunscreen and be ready for a unique experience. Stay on for Jazz on the Deck and family activities at Signal Point.

Friday, March 14

Play... *Pirate to Pinafore*, Centenary Hall, Goolwa at 7.30pm. Fast paced, hysterical and full of glorious Gilbert & Sullivan wit, fun will be the order of the day in *Pirates to Pinafore*. Adults \$23, children \$17. Bookings essential. Contact Goolwa Visitor Information Centre 1300 466 592.



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Special days in February

Red Feb Month: Heart Research Australia

Raynaud's Awareness Month: Autoimmune Resource & Research Centre Scleroderma Australia

February 2: Neuroblastoma Awareness Day

February 14: St Valentine's Day

February 14: Heart Research Day

February 17-23: Australia's Healthy Weight Week – Dieticians Association of Australia

February 23-March 2: DonatLife Week; Organ and Tissue Authority

February 26: Teal Ribbon Day – Ovarian Cancer Australia

February 28: International Rare Disease Day – Rare Voices Australia Ltd

Valuable courses available for our local youth

Community Connect, a brilliant organisation run by Fleurieu Youth Worx, an initiative of the Skills for All program with support from Mission Australia, is running two excellent courses for young people aged over 17 and not in full-time work.

Both courses are at the centre, 49 Maude Street, Victor Harbor, on Mondays and Wednesdays from 10am-4pm from February 10-April 2. They are:

Healthy Living: introduction to local community services employment; working and living here; senior first-aid certificate; finding and keeping a suitable job, and...

Basic Mechanics and Safe Driving: basic car maintenance (on your own vehicle if you have one); learning and understanding the rules and regulations; finding and keeping a suitable job. Further enquiries: 7522 43687.

Art is about – and where – water meets land

Water front – where water meets land, is a brilliant art exhibition held where the title suggests, at Signal Point by Goolwa Warf.

It features some excellent work of 24 artists who have come together for this presentation until February 23, all curated by Annabelle Collett, who also has works on display.

The theme draws on the links between water and land within and beside rivers, wetlands, oceans, lakes, ponds, harbours; the human activities and emotions relating to water; and the positive and negative impacts of drought, occasional flooding and human intervention

regarding all things wet.

The free exhibition, which opened on January 12, is open Monday-Sunday 11am-4pm.

On ya bikes again, the challenge isn't over



Just when we thought the bikes had passed through the region with a highly-successful Tour Down Under stage ending at Victor Harbor, which proved beyond doubt the public wants it and the town needs it, we discover that many amateur riders are on their way back to Goolwa.

The Adelaide Hills Veteran Cycling Club will hold its second Tour of Goolwa on the weekend of March 1-2, and organisers are confident of it being even bigger than last year's inaugural tour which had more than 180 entries over the two days.

The club is also keen to help and promote the region, and is even joining the Southern Alexandrina Business Association.

The Tour of Goolwa is being sponsored by the Alexandrina Council and Supreme Pro Cycles. If you can support the event in any way, please contact race director Don Taylor on 85555293 or 0458 720120, or by email: houseboatpelican@bigpond.com. Visit: <http://tourofgoolwa.org/>

Above: Germany's Andre Greipel blitzed his rivals to win the fourth stage of the Tour Down Under, finishing at Victor Harbor.

Image: John Veaged, SA Tourism Commission

Little book worms gather at Victor Harbor Library

With new school enrolments only once a year now, the Victor Harbor Library's pre-school story readings and craft sessions every Wednesday from 10.30-11.30am have taken on more importance in the development of young children.

Contact the library for more details or visit: www.libraries.sa.gov.au



Yankalilla Primary gets support from Rotary

Parents and friends at schools constantly face challenges to raise funds to give their children the best possible programs and facilities, so when the Rotary Club of Yankalilla presented Myponga Primary a cheque for \$500 it was naturally gratefully received.

It was also an appropriate day for the presentation during the school assembly by local Rotary members Louise and John Clements – the first day for the first term of a new year.

Myponga Primary will soon make changes to its leadership program with school leaders being inducted for the first time in many years. It has also expanded the camp program involving the older students in a 'Rock and Water' leadership and resilience training program.

Above: John and Louise Clements (left) of the Rotary Club of Yankalilla present the \$500 cheque to Year 6/7 Teacher Karen Holmes.

Remember old saying 'no port left' with this exam

A marine licence exam night for those aged 16 and above will be held at the Goolwa Aquatic Club, Barrage Road, on Wednesday, March 19 at 6.30pm.

Boating Rule books will be provided upon registration and payment, and the books should be studied before arrival. After a 90-minute power point presentation presented by our local Marine Safety Officer, the exam will be conducted. Those who pass are then accredited and may visit the DTEI Customer Service Centre, and obtain a full licence.

Cost is \$35, and bookings are essential.

A refresher course is available at \$10, and juniors (12-16) can pay \$15 to sit the exam for special permit (practical test within six months). Participants must bring valid photo ID to sit for the exam.

Enquiries: Scott Andrew 0418 843 903 or email roseholme@bigpond.com

Calls to help Centre for Positive Ageing

The Alexandrina Centre for Positive Ageing needs more volunteer drivers. There is no cost to you, training is provided, and the immeasurable reward is knowing you have helped someone in need. It just takes a spare morning or afternoon once a week. More details: 8555 7230

Lakeside Goolwa

update

Vol. 1, No. 12, February, 2014

Decisions, decisions, decisions... but hey, you don't need to be a Rhodes Scholar to work these out. We're talking about your taste – what YOU would like in your new Lakeside Goolwa home.

The development off Noble Avenue, Goolwa North has reached an even more exciting stage with the first homes expected to be completed mid-March, and with many more set to roll immediately after.

It means that the first lucky new owners have needed to make their selections with the interior fixtures. They've long chosen the elevation or facial features of their home, and settled on two or three bedrooms.

As with any development, there is always the thought, oh, what if the house next door is exactly the same?

Firstly, here at Lakeside Goolwa we would not let that happen. All of our clients are now like family, so we work in well with everyone to make sure no two adjacent homes are alike. To put your mind further at ease, what are the odds of that happening when there are four different models with three bedrooms and three with two bedrooms?

The decisions don't stop there:

- 16 variations of how your home can look on the outside
- 7 Caesar stone bench top designs
- 5 types of Nova cabinet doors/handles
- 6 carpet styles
- 4 timber laminate floors
- 26 curtain colours and styles

But the most important thing in this selection process is that we have gone for quality – at the right price. You may be making the biggest

Decisions are there to be made (thank goodness!)



A rear view of one of the new homes that will be completed next month highlighting the space for those who like to park the car and tinker in their lock-up garage.

decision of your life, and if you are going to live here for years to come we want you to feel comfortable and right at home by having the best available products within reason.

There is a house being built at Victor Harbor valued nearly twice as much, yet has selected interior fittings from the same range. Same Caesar stone bench tops, same bathroom fittings, same kitchen drawer handles, and so on... you deserve the quality.

We have had new buyers come in asking us how much extra the fittings we chose in our show home will cost them. They are amazed when

we say, "oh, they're standard". It is not always the case at some show homes.

But as we have been saying all along; this is about your home, and your decisions from an extensive range of quality products that will make it special.

There is one major decision for our new owners when they move in next month: will they go fishing on the first day, check out the nearby coffee shops, or catch an art display? And as we develop, will they have a game of lawn bowls or settle in the games room? Your call. Life can be about making some wonderful decisions.

You'll love
every day
of your
new lifestyle.

Show Home now open
9.30-4.30 every day!

Located at the edge of the Murray River and just a stroll from superb views of the wetlands, Lakeside Goolwa is a 'village-style' estate, providing an unrivalled level of lifestyle living for the over 50's.

Lakeside Goolwa has it all - a private marina, indoor swimming pool, recreation centre and beautifully landscaped boulevards. The architecturally designed homes are specifically created to combine beautiful interiors and fittings with comfort and easy living around a large, fashionable flow-through dining and living area that opens up to a verandah deck - ideal for entertaining. You'll love it.

For more information or about our opening times, call us on (08) 8555 2737, visit our website www.lakesidegoolwa.com.au or drop us an email at sales@lakesidegoolwa.com.au 39 Noble Avenue, Goolwa North.

Architecturally designed
homes

STAGE 1
NOW SELLING
FROM \$289,000

Retirement living you'll just love
Lakeside
Goolwa

Australia has tens of thousands of registered old cars manufactured pre-January 1, 1979 – per capita more than any other country in the world. They have each been restored with amazing passion, and delivered with a special story. It's about the love of cars, as these three gentlemen explain...

Pete's a real Chic magnate

With a sheepish grin behind his grey whiskers Peter Smyth confesses he's in love with his old Chic. His understanding wife, Lyn, doesn't mind; it has kept him out of the kitchen for years.

In his loveable larrikin days on the farm at Salter Springs near Balaklava, a hamlet that boasts of a closed one-building school that produced two Rhodes Scholars and according to Peter still has two-and-a-half men and a dog, he was known to race her around a dam, but nowadays dare we touch or lack respect.

With amazing passion, dedication and some may suggest madness, Peter restored his Chic, a beautiful automobile that graced us in the early 1920s. All of her glory was noted in a classic collection of tales that hum on the first Thursday night of every month when almost 300 members of the local branch of the Historic Motor Vehicles Club meet in the clubrooms in Jolly Street, Victor Harbor.

Upon becoming a member, each newcomer delivers the story of their car, and it has been said the long-timers at this 44-year-old club continue to drool at the sheer mention of Peter's little Chic.

During the emotional fall-out from a recent announcement that General Motors Holden will cease production at its Elizabeth plant in 2017, we reminisced about South Australia's car manufacturing glory days, but not mentioned was our other car, the Chic, with only 32 produced here, using British parts and assembled in Millswood, an inner Adelaide suburb from 1923-29 – 19 years before the first Holden, the FX, rolled off the assembly line at Woodville. It is car heritage at its finest.

In 1925, Peter's grandfather, Peter McDowell Smyth, was one of the first to buy a Chic, a luxury car of its time, and was known to drive through the dusty streets of Balaklava mumbling 'giddy-up, giddy-up' as if he were still driving his horse. "My grandfather handed the car to my uncle, who gave it to me in 1954, which was probably the silliest thing he ever did in his life," said Peter, who turns 77 on Tuesday.

"Being part of a young group of idiots pretending to be Argentinean legend Juan Fangio (five-time World Grand Prix champion), who was our hero along with Stirling Moss, we used to tear around a circuit marked with hay bales. No one was killed or injured; we were lucky.

Another weekend we'd be hurtling around the back roads; no registration, and we had a sled that we towed around the streets as if we were water skiing.

"Of course, the Chic was subjected to grave mistreatment. The body was ripped off and various hotting-up modifications were attempted.

"For years I could hear my grandfather's words:



LIVING OUR HERITAGE: NO. 8

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.

'well, you've wrecked that, haven't you'. It bothered me so much that in 1970 I realised the error of my prodigal ways, and set about rebuilding the car; researching, and obtaining as many parts as possible, which was not easy with just 32 of the things built.

"I worked on the car on the farm with help of Peter Turner, who lives in Goolwa and did the body work for me; he's an utter craftsman." Perhaps coincidental, but Clarence Chick made 32 of his Chic cars, and it took Peter 32 years to finally return the one he wrecked into a magnificent piece of classic machinery.

"I tried to stick as close to detail as possible, including using the original cast iron pistons and engine," Peter said. "We even replaced the leather upholstery. Overall, the car was a very forward design for its time.

"It was a lot more enjoyable restoring the Chic than wrecking it, and I guess a really

guilty conscience was behind restoring this. I like to think I have made amends for my rash behavior."

Of the all the Chic cars produced, only four others are known to have survived, including one in the Australian National Motor Museum in Birdwood, which unlike Peter's can barely be driven.

Another local Historic Car Club member, Doug Sweetman, 82, recalled the day in 1934 when his father, Fin, who worked in a pump station near their Jervois home, walked into the Dodge dealer in Murray Bridge and bought a new Dodge 4.

"Dad had never driven a car before, so the salesman told him how to start the car and change gears, and off dad went," Doug said. "He didn't even have a licence, and I don't recall him ever getting one.

"It was the way things were; the milk that came from all the dairies in the swamps used to be picked up by river boat, so for a long while no one thought they needed a car. I guess my interest in cars started from that day dad bought the Dodge 4."

Doug has since restored eight cars, including his most recent challenge, a 1929 Nash with its twin ignition and eight-cylinders. Of course, it means little to those of us who know nothing about cars, but to these guys in the club this is heavy talk. It's what they breathe.

Continued P13

From P12

"The opportunity to buy the car came along in 2007," Doug recalled. "Sometimes we don't always go out to buy a particular make or model; it's what comes along. This car was in a wrecked state in Mount Gambier... it was a heap of bits in a shed; everything stripped off it, sitting on a chassis on blocks.

"When asked whether I was interested in buying it, I said, 'not really, I've got one'. The bloke went on to tell me the story about this car and, sure enough I bought it. Two years later after a lot of restoration work, we have a magnificent result.

"I just love doing this stuff... bringing something back to life. You get a whole wreck or a trailer-load of rubbish and you make a car out of it over a period of time. You keep on convincing yourself that you should sell one car and get another one in.

"It's time consuming, but if you can do most of the work yourself it is not so expensive. If you had to send the car out to have work done professionally it would increase the cost two or three times. For me, the hardest part is the panel beating.

"You've got to be interested in mechanics and motor vehicles. There is enormous satisfaction in what we do.

"I have had a 1938 DeSoto Chrysler sedan for 15 years, and it has given me enjoyment every day."

Milan Prochazka, 76, also remembered growing up without his family owning a car.

"We lived in Moree, a northern NSW town, at the time and we had no reason to go anywhere," Milan said. "Dad was a blacksmith and he got by on his pushbike.

"When my brother Ivan and I were old enough to get a licence we put in x-number of pounds to buy a car, and dad put in the rest on the condition it was a black car, and so a black car it was. Every weekend he'd sit in the backseat while we were the chauffeur.

"I guess with my first job being a mechanic for the local International Harvester dealer I developed an interest for doing up cars, trucks and trailers.

"There was the 1956 Dodge ASW 120 International 4WD drive truck, which we dug out of a paddock in Ravenshoe, Queensland. The hood was belted in, and the rain fell



Top: Great lovers of historic cars... (from left) Milan Prochazka, Peter Smyth and Doug Sweetman. Above: Doug's prized Nash. Above right: Milan's 1954 Vauxhall ute. Right: Peter's Chic number plate, and note the antique tail light.



through the rust.

"We stripped a jeep down to the basics, and I also rebuilt a TD6 crawler tractor and put in a 4326 Perkins engine."

Of course, you would do this with a TD6. Again, car talk, and another example of living in a dream world. For the record, Milan's 1952 Vauxhall E series ute is special too, bought in Naracoorte because the previous owner could not afford the \$20,000 required to pay someone else to do the basic restoration work. For the men and women of the Victor Harbor branch of the Historic Car Club, it's all about their cars, not them, and they live by the creed

to "... encourage the preservation, restoration and use of veteran, vintage, classic and any other interesting vehicle".

Rest assured, in many years to come at these first-Thursday-of-the-month meetings they will revive the memories of when this state had a car industry, started by a Gallipoli hero named Clarence Chick. And, no doubt, they'll mention Peter Smyth and his Chic, enough to produce more revs in a crowded room than a hot Chevy on a Saturday night.

Does your community or sporting group need support in raising money?

Maybe we can help with our Introducer Program.

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INSPECTION BY APPOINTMENT

25 Encounter Crescent, Middleton

VILLA WITH ARTISTIC FLAIR

Walking distance to the beach on 740 m2 block of land hidden behind the landscaped private native garden, it offers peace and tranquility.

- Spacious family room/study and onto the open plan lounge and dining with raked ceiling, polished floor boards.
- New kitchen with flair includes dishwasher, 4 burner gas stove, electric griller and separate oven, walk-in-pantry and plenty of cupboard space.
- Separate dining area that offers that extra space for entertainment
- Spacious master bedroom with walk-in-robe and ensuite, polished floor boards, French doors leading to internal courtyard/decking offering a peaceful, naturally lit retreat where one can shut the world away and relax.
- Main Bathroom includes bath, shower, vanity with large window looking out onto the front landscaped garden, again providing a peaceful feel.

Price: \$495,000

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VICTOR HARBOR - INSPECTION BY APPOINTMENT A TOUCH OF PROVENCE WITH PRIVATE GARDEN & PANORAMIC VIEWS

Beautiful architectural design built on 1431 m2 block of land with some unique features. As you step into the very spacious open plan living, dining and kitchen area with 10" ceiling and beautiful sandstone floor throughout, you are drawn to the panoramic views and terrace native garden – you could be mistaken and believe you are in Nice, South of France or a Mediterranean location.

Other features:

- Tasmanian oak kitchen with breakfast bar, built-in cupboards for plenty of storage, walk-in pantry, 4 burner stove, electric pizza oven and conventional oven.
- Paved verandah and gazebo with blinds and outdoor kitchen.
- Study with built-in book shelves and large window with quality blinds overlooking enclosed private front garden and access to formal entrance.
- Master bedroom retreat with views of the coast includes dressing room and ensuite.
- Bedroom 2 and 3 both with large windows that offer peaceful outlook onto rear terrace garden and ocean views.
- Rumpus room with independent door access, ideal for teenage retreat.
- Double gable roof carport paved with double lock gate. Clever storage space for garden tools within ex-double garage behind roller door. 10 x 6 shed with concrete floor, electricity and work benches.
- Features for sustainable low cost of living: quality blinds with pelmet throughout the home adding to good insulation, 4.2 Kwh (22 panels) solar system, solar hot water and 3 x 22,000 Lt rain water tanks.

Would you like to have a little piece of Provence lifestyle right here in Victor Harbor? Then contact agent for further information and a private inspection.

Price Reduced: \$595,000

Realestate.com.au: 115496159 Domain.com: 2010899888



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1294 Bulls Creek Road, Ashbourne **1930's limestone and bluestone Bungalow with modern comforts**

- 3 bedrooms, master with BIR and formal lounge
- Open plan living area with raked ceilings, slate floor, slow combustion heater and French doors. Country style kitchen with red gum and jarrah kitchen bench tops
- Main bathroom with feature leadlight window includes vanity, shower and bath
- Laundry with separate toilet and internal 250 Lt Hot Water System
- Quality water available pumped to 22,500 Lt cement tank and 2000Lt rain water tank plumbed to the house
- Double garage, a heritage shed, 2 large sheds / workshop with lean-to and electricity, plus separate storage shed. Large veggie garden and chook yard

A Great country lifestyle on offer only 10 minutes to Strathalbyn and 45 minutes to city!

PRIVATE INSPECTION WELCOME

Price: \$429,000

Realestate.com.au: 114947075 Domain.com: 2010838789

Musk Duck Drive, HAYBOROUGH

Unique Architectural Energy Efficient Home

Three bedroom, 2 x bathroom contemporary home is designed to maximise energy and water efficiency and elevated on the block to take advantage of views, from the living area, of the hills, park land and wetlands. Correctly orientated to ensure best access to winter sunlight in living rooms and capture summer sea breeze by good cross ventilation.

Currently tenanted (long term tenancy) – great investment property! For more details contact Agent.

Price: \$549,000

**Realestate.com.au: 114272967
Domain.com: 2010838866**



INSPECTION BY APPOINTMENT **75 Bradford Road, Goolwa Beach** **FANTASTIC VALUE AND OFFERS SUSTAINABLE LIVING!**

Five bedroom home on 845 m2 block offers space and versatility including 4 bedrooms and a teenage retreat or granny flat with low maintenance garden. It is ideal for the first home owner or investor.

- Formal lounge with R/C air-conditioning
- Open plan kitchen with gas stove and dining area
- Master bedroom with built-in-robe
- Main bathroom has shower and vanity
- Laundry with separate toilet
- Retreat/granny flat with built-ins includes living/kitchen area, bathroom and bedroom; ideal for guests or teenager
- Approx 8 x 4 outdoor covered entertainment area with security light
- Double garage with concrete floor, sliding doors and high clearance
- 21 x solar panels, approx 2000 Lt water tank and 3 x modular water tanks
- Chook yard and vegetable garden with fruit trees (fig, apple, peach, mandarin, oranges, lemon, apricot, nectarines and 4 x white table grapes)

Perfect investment property that offers versatility in living or first home buyer with space for a growing family.

Price: \$337,000

Realestate.com.au: 115740683 Domain.com: 2010905104

Lot 11, Manna Gum Avenue, HAYBOROUGH Exceptional 576 sqm Land with two street frontages

Price Reduced: \$155,000

**Realestate.com.au: 200577915
Domain.com: 2010838280**

Lot 169, Sun Orchid Drive, HAYBOROUGH Opportunity not to be missed! 522 sqm Land + Architectural Design made available

POA, Contact Agent.

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Domain.com: 2010838830**

Lot 69, Sun Orchid Drive, HAYBOROUGH 503 sqm Corner Block with reserves on two sides overlooking wetlands & Hills

New Price: \$155,000

**Realestate.com.au: 200659111
Domain.com: 2010838730**



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The return to the community goes even deeper

Goolwa & District
Community Bank® Branch



**No. 8 in a series highlighting
how the Goolwa & District
Community Bendigo Bank is
helping your community**

A few years back it seemed that most voluntary administrators at clubs and organisations seemingly had the world on their shoulders, worrying about their group's next insurance bill and trying to raise much-needed funds to stay afloat. We like to think more of them are happy within our community these days because they have received financial and moral support from the Goolwa & District Community Bendigo Bank.

The bank is pleased to announce the contributions it has presented back to the community from every product or service that it offers has now soared to \$88,139 – and climbing.

Effectively, this makes the



Among the recipients, the Port Elliot Primary School.

G&DCBB the region's biggest current sponsor next to the Alexandrina Council when also taking into account its generous support in labour, materials and infrastructure including buildings. The G&DCBB board (consisting of volunteers) and staff would love to take all of the praise for the donations to the 35 clubs and organisations the bank has helped over the past three years, but it has been each individual customer who has been directly

responsible. Every bank makes profit from services and fees – the difference is that the Bendigo Bank puts it back into the community. Everyone has been heartened by the expression of appreciation from the recipients, but the bank has also thanked them for their support in return, which of course has allowed us to help others. It is what a community is all about – working together.

If your club, group or organisation would like to know more about the G&DCBB community grants please ask the friendly staff for more details. Those who have received support are:

Chiton Rocks Surf Lifesaving Club
Cittaslow/Day Care CLASS
Create and Connect
Farm Gate Festival
Goolwa & Port Elliot Football Club
Goolwa Children's Centre
Goolwa Cricket Club
Goolwa Guide & Scout Hall management committee
Goolwa Netball Club
Goolwa Primary School
Goolwa Regatta Yacht Club
Goolwa Sea Scouts
Goolwa Senior Citizens Assoc
Goolwa Shooting & Pistol Club
Goolwa Surf Lifesaving Club
Goolwa Tennis Club
Goolwa Aquatic Club
Hindmarsh Island Landcare



**G&DCBB is
on facebook**

Investigator College
Milang Community Centre
Mount Compass Scout Group
Port Elliot Surf Life Saving Club
Port Elliot Town & Foreshore Improvement Assoc
Port Elliot Primary School
Rotary Club of Goolwa
South Australian Wooden Boat Festival
South Coast Little Athletics
Southern Alexandrina Business Association
Southern Fleurieu Cancer Support Group
South Lakes Golf Club
The Friends of Oscar W
The Happiness Club Victor Harbor
University of the Third Age
Wildlife Welfare Organisation

ATM hasn't been stolen!



Staff customer services officer Vickie Giemann shows that our G&DCBB ATM has been moved from the Goolwa Shopping Centre Mall to outside by the bank's office to offer better 24-hour service.

New SABA seminar on February 27

The Goolwa & District Community Bank gives something back to the community in different ways, including holding training seminars to help our local businesses be the best they can.

After successful seminars last year, the first for 2014 is scheduled at the Goolwa Regatta Yacht Club on Thursday, February 27.

The program is a partnership between the Southern Alexandrina Business Association and the Goolwa & District Community Bank.... another way of helping our community grow.

BIG

Goolwa

home loan DEALS

Goolwa & District Community Bank® Branch is doing deals on home loans. Right now you can save 0.7%pa off the standard variable home loan rate when you borrow more than \$250,000, or 0.5%pa if you borrow less.

And with a home loan package you can get even better value, reduced fees and added flexibility.

Drop into the branch at Goolwa Shopping Centre, Goolwa or phone 8555 2288 to find out more.

All loans are subject to Bendigo Bank's normal lending criteria. Fees, charges, terms and conditions apply. Bendigo and Adelaide Bank Limited ABN 11 068 049 178 AFSL/Australian Credit Licence 237879. S41790H (193720_v1) (29/08/2013)

Goolwa & District Community Bank® Branch

Laugh Lines

Hot rod

Simon stands at the local bar having a drink and sprouts how good he is at fixing cars. Robo speaks up: "That's nothing mate; my brother makes cars out of other cars. He put together a motor from Ford, a chassis from a Holden, wheels from a Honda and seats from a Merc."

The guys in the pub are amazed. One pipes up: "With those different makes of car, what did he get?"

And Robo says: "Five years non-parole."

Dead short

A lawyer sees his client on death row, and says: "I've got good news and bad news. The bad news is that you are going to get the electric chair."

The prisoner breaks down. "What could you possibly tell me now that is good news?"

And the lawyer says: "I got the voltage lowered."

Counting on grandpa

An old timer tells his grandson: "Young Ben, you need to know that there are three kinds of people on this earth."

Ben looks up to him with his eyes wide open. "Yes Grandpa, what are the three kinds of people?"

And the grandpa says: "Those who can count, and those you cannot."

Boom, boom...

A report from overseas reveals a terrible tragedy: a helicopter crashed into a cemetery and the local authorities recovered 2565 bodies.

A woman sees a psychiatrist with a duck under her arm, and the psychiatrist says: "What's wrong with you?"

The woman says: "Oh, there's nothing wrong with me, it's my husband; he thinks he's a duck."

Another woman sees the same psychiatrist and tells him about her husband. She tells him: "He thinks he's a refrigerator."

The psychiatrist says: "That's not too serious." And the woman says: "I know, but he sleeps with his mouth open and the light keeps me awake."

Across town, a woman goes to the local jewelry shop and buys a grandfather clock. Three days later she brings it back and complains.

She says to the sales person: "I'm not happy. Every hour this grandfather clock dribbles, has a bout of flatulence and goes back to sleep."

Two blokes are talking in the changeroom at the local gym, when one starts to put panty hose on.

His mate is amazed. "How long have you been putting on panty hose?" And the other says: "Ever since my wife found them in the glove box."

A bloke is drunk in a bar and says to another drunk: "My wife is an angel."

And the other drunk says: "You're lucky; my wife is still alive."

What makes men chase women they have no intention of marrying? The same urge that makes dogs chase cars they have no intention of driving.

Trunk call

An 85-year-old lady walks into the local retirement village and goes into the TV room. She looks around and sees all these old blokes. "She says to them: 'If any of you men can guess what I have behind my back you can give me a kiss.'"

A bloke says: "An elephant." And the woman says: "That's close enough."

Fairway to heaven

A bloke gets home at three o'clock in the morning and his wife is standing with her arms folded by the kitchen table and asks: "Where have you been at this hour of the night?"

The bloke says: "Sweetie Pie, I've been playing golf with my mates."

The wife is outraged. "Don't you give me that nonsense. I'm not stupid; you can't play golf in the dark."

And the bloke says: "Yes you can darling, we used nightclubs."

'Tis the aseason

James goes to a nightclub, but the bouncer won't let him in because he's not wearing a tie. James says: "That's okay, I'll get something from the car."

He comes back wearing jumper leads around his neck. The bouncer says: "Okay, you can come in now, but don't start anything."

An hour passes and James is arrested for throwing the salt and pepper shakers. He was charged by police with a salt and battery.

Dad jokes...

How did the telephone get married? In a double ring ceremony.

What kind of car does Mickey Mouse's wife drive? A Minnie van.

What kind of dance can you do on a trampoline? Hip hop.

Why did the kid start a gardening service? He wanted to rake in some cash.

Why didn't the banana snore? He didn't want to wake the rest of the bunch.

Why did the burglar take a shower? He wanted to make a clean getaway.

Why did the bacon laugh? Because the egg cracked a yolk.

Why should bowling alleys be quiet? So you can hear a pin drop.

Advertorial

CAR CARE with GRAND NISSAN

Be smart. Check out the \$99 service

Buying a new or used vehicle is obviously a big decision, and Grand Nissan gladly accepts the responsibility of helping you care for this investment.

It's why the team is now offering a \$99 service – a commitment to making it clearly affordable to maintain the service and maintenance of the vehicle, and perhaps most importantly making sure the safety checks are in place.

The set-price service offer includes:

- 5 Litres of oil
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- Tyre rotation
- Tyre balance & check
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There is also the guarantee that if we believe there is something else that needs attention, we will notify you before commencing any other work.

Naturally, standard conditions apply, but all Nissans new or used are covered by capped price servicing policy for the vehicle's first six years or 120,000kms, giving you peace of mind by knowing the maximum you'll pay for each scheduled service.

Regularly servicing your vehicle at a Nissan dealership will ensure it continues to run smoothly and that any parts required are genuine Nissan parts, specifically designed for your vehicle.

The factory-trained technicians at Grand Nissan use the latest Nissan diagnostic equipment, and are backed up by Nissan's global comprehensive technical support team. From a long-term point of view, a Nissan service history will also help maximise your vehicle's resale value.

As part of the Nissan program, the Grand Nissan team is committed to upholding the company's dealer service philosophy, which means:

- Guaranteeing the quality of workmanship
- Ensuring that technicians are trained to Nissan's high standards
- Ensuring competitive pricing and strict adherence to factory maintenance schedules
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Last Vegas

(M) Comedy starring Michael Douglas, Robert De Niro, Morgan Freeman, Kevin Kline, and Mary Steenburgen. Billy (Michael Douglas), Paddy (Robert De Niro), Archie (Morgan Freeman) and Sam (Kevin Kline) have been best friends

since childhood. So when Billy, the group's sworn bachelor, finally proposes to his thirty-something (of course) girlfriend, the four head to Las Vegas with a plan to stop acting their age and relive their glory days. However, upon arriving, the four quickly realise that the decades have transformed Sin City and tested their friendship in ways they never imagined. The Rat Pack may have once played the Sands and Cirque du Soleil may now rule the Strip, but it's these four who are taking over Vegas. Fri, Feb 7: 2pm, 8.55pm; Sat, Feb 8: 11.50am, 4.40pm, 8.55pm; Sun, Feb 9: 3.40pm, 7.45pm; Tues, Feb 11: 8.40pm; Wed, Feb 12: 10.45am*, 1.45pm, 7pm; Fri, Feb 14: 4.15pm, 6.30pm; Sat, Feb 15: 11.40am, 2.05pm, 8.30pm; Sun, Feb 16: 3.30pm, 6pm; Tues, Feb 18: 8.35pm; Wed, Feb 19: 1.30pm, 6.30pm; Fri, Feb 21: 4.35pm, 6.40pm; Sat, Feb 22: 11.50am, 4.35pm, 6.40pm; Sun, Feb 23: 1pm, 8.10pm; Tues, Feb 25: 6.30pm; Wed, Feb 26: 3.15pm, 7.15pm.

Mandela: Long Walk to Freedom

(M) Biography, drama, history. Starring Idris Elba, Naomie Harris, Tony Kgoroge, Riaad Moosa and Zolani Mkiva. Nelson Mandela's life story is told with this Justin Chadwick-directed adaptation of the once-imprisoned South African leader's autobiography. William Nicholson provides the script, with Idris Elba and Naomie Harris heading up the cast. Fri, Feb 7: 4.05pm, 8.30pm; Sat, Feb 8: 11.30am, 2pm, 8.30pm; Sun, Feb 9: 1pm, 5.20pm; Tues, Feb 11: 8.30pm; Wed, Feb 12: 1.30pm, 4pm; Fri, Feb 14: 3.30pm, 8.15pm; Sat, Feb 15: 3.45pm, 6.15pm; Sun, Feb 16: 3.15pm, 7.45pm; Tues, Feb 18: 6.15pm; Wed, Feb 19: 1.15pm, 3.50pm; Fri, Feb 21: 1.55pm; Sat, Feb 22: 1.55pm; Sun,



Feb 23: 3pm; Tues, Feb 25: 6.15pm; Wed, Feb 26: 10.30am*.

Philomena

(M) Drama starring Judi Dench, Steve Coogan, Sophie Kennedy Clark, Mare Winningham and Barbara Jefford. Based on the 2009 investigative book by BBC correspondent Martin Sixsmith, The Lost Child of Philomena Lee, Philomena focuses on the efforts of Philomena Lee (Judi Dench), mother to a boy conceived out of wedlock — something her Irish-Catholic community didn't have the highest opinion of — and given away for adoption in the United States. In following church doctrine, she was forced to sign a contract that wouldn't allow for any sort of inquiry into the son's whereabouts. After starting a family years later in England and, for the most part, moving on with her life, Lee meets Sixsmith (Steve Coogan), a BBC reporter with whom she decides to discover her long-lost son. Fri, Feb 7: 2.15pm, 6.30pm; Sat, Feb 8: 2.15pm, 6.30pm; Sun, Feb 9: 12.50pm, 5.45pm; Tues, Feb 11: 6.30pm; Wed, Feb 12: 10.30am*, 6.40pm; Fri, Feb 14: 1.30pm, 6.15pm; Sat, Feb 15: 1.45pm, 6.30pm; Sun, Feb 16: 1.30pm, 5.40pm; Tues, Feb 19: 6.30pm; Wed, Feb 19: 10.30am*, 4.15pm.

The Railway Man

(M) Drama starring Colin Firth, Jeremy Irvine, Nicole Kidman, Stellan Skarsgård and Hiroyuki Sanada. Colin Firth is Eric Lomax, a British Army signals officer who was captured by Japanese soldiers in World War II and brutally tortured when his love of the railway made him a spy suspect. Many

years later, Lomax is persuaded by his wife Patti (Nicole Kidman) to track down his captors. Accompanied by his best friend (Stellan Skarsgård), he returns to the scene of his torture and manages to track down his captor (Sanada), in an attempt to let go of a lifetime of bitterness and hate. Fri, Feb 7: 6.45pm; Sat, Feb 8: 4.15pm, 6.45pm; Sun, Feb 9: 3pm, 8pm; Tues, Feb 11: 6.15pm; Wed, Feb 12: 10.30am*, 6.40pm; Fri, Feb 28: 11.30am, 4.15pm; Sat, March 1: 1.40pm; Sun, March 2: 3.20pm; Wed, March 5: 1.30pm, 4pm.

Are We Officially Dating?

(CTC) Comedy, romance starring Zac Efron, Miles Teller, Imogen Poots, Addison Timlin and Michael B. Jordan. Three best friends find themselves where we've all been — at that confusing moment in every dating relationship when you have to decide So...where is this going? Fri, Feb 14: 2pm, 8.35pm; Sat, Feb 15: 12.01pm, 4.15pm, 8.55pm; Sun, Feb 16: 1.15pm, 8pm; Tues, Feb 18: 8.55pm; Wed, Feb 19: 10.45am*, 6.45pm; Fri, Feb 21: 2.15pm, 9pm; Sat, Feb 22: 12.15pm, 2.15pm, 8.55pm; Sun, Feb 23: 1.20pm, 6pm; Tues, Feb 25: 8.55pm; Wed, Feb 26: 1.15pm, 5.20pm; Fri, Feb 28: 4.40pm, 6.45pm; Sat, March 1: 11.50am, 6.45pm; Sun, March 2: 6pm; Tues, March 4: 6.30pm; Wed, March 5: 3.35pm.

Lone Survivor

(CTC) Action, drama, thriller, war movie starring Mark Wahlberg, Taylor Kitsch, Emile Hirsch, Ben Foster and Yousuf Azami. Based on The New York Times bestselling true story of heroism, courage and survival, Lone Survivor tells the incredible tale of four Navy SEALs on a covert mission to neutralize a high-level al-Qaeda operative who are ambushed by the enemy in the mountains of Afghanistan. Faced with an impossible moral decision, the small band is isolated from help and surrounded by a much larger force of Taliban ready for war. As they confront unthinkable odds together, the four men find reserves of strength and resilience as they stay in the fight to the finish. Fri, Feb 21: 4.10pm, 8.45pm; Sat, Feb 22: 4.10pm, 6.30pm, 8.45pm; Sun, Feb 23: 3.30pm, 8pm; Tues, Feb 25: 8.35pm; Wed, Feb 26: 10.45am*, 6.45pm; Fri, Feb 28: 2.20pm, 8.50pm; Sat, March 1: 2pm, 4.25pm, 8.50pm; Sun, March 2: 3.40pm, 8pm; Tues, March 4: 8.35pm; Wed, March 5: 1.15pm, 7.40pm.

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The Book Thief

(PG) Drama, war movie starring Roger Allam, Sophie Nélisse, Heike Makatsch, Julian Lehmann, and Gotthard Lange. Based on the beloved best-selling 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. Fri, Feb 21: 6.30pm; Sun, Feb 23: 5.40pm; Wed, Feb 26: 1.30pm, 4.10pm.

12 Years a Slave

(MA15+) Biography, drama, history movie starring Benedict Cumberbatch, Brad Pitt, Michael Fassbender, Paul Dano and Sarah Paulson. Based on an incredible true story of one man's fight for survival and freedom. In the pre-Civil War United States, Solomon Northup (Chiwetel Ejiofor), a free black man from upstate New York, is abducted and sold into slavery. Facing cruelty (personified by a malevolent slave owner, portrayed by Michael Fassbender) as well as unexpected kindnesses, Solomon struggles not only to stay alive, but to retain his dignity. In the 12th year of his unforgettable odyssey, Solomon's chance meeting with a Canadian abolitionist (Brad Pitt) forever alters his life. Winner Golden Globe - Best Picture Drama. 6 Nominations. Fri, Feb 28: 11am, 8.40pm; Sat, March 1: 3.55pm, 8.40pm; Sun, March 2: 1pm, 7.45pm; Tues, March 4: 8.25pm; Wed, March 5: 10.30am*, 6.30pm.

Labor Day

(M) Drama starring Kate Winslet, Josh Brolin, Tobey Maguire, Clark Gregg and James Van Der Beek. Depressed single mom Adele and her son Henry offer a wounded, fearsome man a ride. As police search town for the escaped convict, the mother and son gradually learn his true story as their options become increasingly limited. Kate Winslett Golden Globe nominee Best Actress. Fri, Feb 28: 2pm, 6.30pm; Sat, March 1: 11.30am, 6.30pm; Sun, March 2: 1.10pm, 5.35pm; Tues, March 4: 6.15pm, Wed, March 5: 10.45am*, 5.30pm.

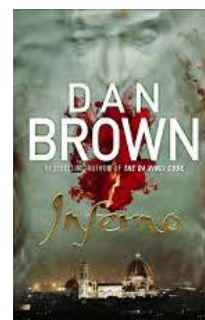
The books we are reading...

Sue Thomas, manager at Pages & More in Ocean Street, Victor Harbor, informs us that *Inferno*, a mystery thriller novel by renowned American author Dan Brown – the fourth book in his Robert Langdon series – has clearly been the best-seller over the past month.

Also selling well is *Burial Rites* by local author Hannah Kent.

The current top-10 list is:

1. *Inferno* – Dan Brown... the most-anticipated book of the year has sold by the proverbial truckload
2. *Burial Rites* – Hannah Kent... a literary favourite from a debut Adelaide author
3. *Jamie's 15 Minute Meals* – Jamie Oliver... keep an eye out for his new one Save With Jamie
4. *I Quit Sugar* – Sarah Wilson... the surprise hit for Australian blogger and journalist Sarah Wilson
5. *The Storyteller* – Jodi Picoult... she is always a winner
6. *The Fast Diet* – Mimi Spencer and Michael Moseley... the popularity of this diet seemed to come out of nowhere; all of a sudden everyone was talking about fasting. Following the principle of five days on, two days off, the success of this diet has spawned numerous



cookbooks and eating plans

7. *Game of Thrones: The Complete Box Set of All 7 Books* – George RR Martin... no one can ignore the popularity of this TV series
8. *Gone Girl* – Gillian Flynn... the ultimate psychological thriller this book has continued to sell through persistent word-of-mouth, from mother's groups to office colleagues to entire families. Once you've read it you can't help talking about it
9. *The Good Life* – Hugh Mackay... what makes a life worth living? Australians look for the big answers with the always popular psychologist Hugh Mackay
10. *The Rosie Project* – Graeme Simsion... the indie hit of the year and a failsafe book recommendation. The attention now turns to the movie adaptation.

New Yankalilla photography award

The District Council of Yankalilla is attracting national attention with its inaugural photography competition offering \$15,000 prizemoney.

The competition – the Fleurieu Four Seasons Prize for Landscape Photography – is a non-profit initiative of Greg Mackie under the auspices of the council. There is also a Fleurieu People's Choice Award for Landscape Photography with a prize of \$2000.

The competition is open to professional and

amateur photographers, and entries close November 14.

The Fleurieu Four Seasons Prize competition involves a suite of four images, and will be judged as a group with the key criteria being the extent to which they individually and collectively invite and evoke creative imagination, technical merit, artistic merit and creative interpretation. The judges are William Long, Heidi Linehan, David O'Loughlin and Gregory Ackland.

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Feb is here, so it's curtains for the heat

Home Decorator's Corner with Monique



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

February looks set to be a scorcher, and with the mercury rising most of us will attempt to keep our homes as cool and comfortable as possible.

Aside from the obvious cooling aids – airconditioning or fans – window treatments are a great way to help beat the heat. They also provide privacy, control how much light comes into a room and, more importantly (from a decorator's perspective) dress up windows.

But, with so much choice on offer, where does one start in choosing the right product? Here are a few tips and tricks of the trade:

Curtains v blinds

Curtains are stylish, soften hard edges and help to create mood in a room. They are also easy to clean, and heavier curtains are great for acoustics in media rooms.

When it comes to choosing fabric, you really are limited only by your imagination. Luxurious choices like silks and jacquards are perfect for a formal space or an elegant, classic style; billowy linen, crisp cottons and calico are great for casual spaces.

Remember... for heat protection, you'll need to choose lined or block-out curtains; or, if you love the dreamy look of sheers, combine them with heavier drapes which can be drawn on hot days.

Blinds are contemporary, easy to use and allow you to select the amount of light you let into a room. But, they're generally harder to keep clean.

They come in many different styles, including venetians, romans and roller blinds. Aluminium venetians and roller blinds create crisps, clean lines for a sleek, modern look; timber venetians look good with informal, relaxed styles; roman blinds are elegant and bring softness so are perfect for formal sitting rooms or bedrooms. When it comes to heat protection, roller blinds



Roller blinds that match a feature wall make a bold statement. Adding drapes will help keep a room cool.

are your best bet, as they're available in a range of block-out fabrics. Another smart choice would be double Holland blinds, with a sheer option for days when you'd like more light and an opaque option for added heat protection.

Vertical woes

Vertical blinds are often recommended for large windows or glass sliding doors, but they're a design disaster – they're noisy, cold and – dare I say it, downright ugly. Besides, they won't do much in terms of keeping out the heat. A better option would be panel blinds.

Contemporary, versatile and simple to use, they allow easy access to doors and the larger panels (available in a range of fabrics) offer better heat protection, too. If you must install verticals, consider adding a padded pelmet in a pretty fabric.

Plain or patterned?

As a general rule of thumb, if other furnishings or floor coverings are bold or patterned, stick with solid-coloured window treatments. On the other hand, if the room has a neutral scheme, go as patterned and colourful as you dare.

Which colour?

You will need to work out whether you want your treatments to blend or wow. To play it safe, select the same tone as the floor or wall, but in a darker shade. If you're feeling adventurous, pick a highlight colour from your

scheme (like bright cushions on a couch) but remember that bold window treatments will act like exclamation points in a space.

According to Peninsula Decor in Goolwa, neutrals are still popular, and heavily textured fabrics or those with sheen are right on trend.

Take it outside...

Faced with west-facing windows and rooms that bake in the afternoon sun? External options are really the best way to help keep your home cool. Peninsula Decor recommends roller shutters – not only do they keep the sun off glass, they also provide complete privacy, extra security and noise reduction.

Here's to staying cool stylishly!

Monique

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The 'good oil' on Andrew's olives

A television commercial used to tell us that "oils ain't oils" and it seems it also applies in the extra virgin olive oil business. While importers are pulling the proverbial wool over our eyes, local producer Andrew Down is leading a trail of honesty.

The isle on the western front of a local supermarket is like entering a mine field. It preys on our desire to be healthier and for most thinner with suggestions the eggs are 'free range', but it doesn't necessarily mean the chook lives in paradise because just a glimpse of exposure to the outdoors can make the term legal.

We see the darker brands of bread and crackers with a message 'whole grain', not realising they include caramel colouring and are no healthier than other products that are not 100 per cent whole grains.

Another label favourite is 'no added sugar', but it doesn't necessarily mean the product is calorie or carbohydrate free, so we're left wondering whether our wretched set of bathroom scales is malfunctioning.

The list of confusing, often misleading signage on our food products in all supermarkets remains significant, and not surprisingly a

Neilsen survey reveals 59 per cent of consumers have a difficult time understanding nutrition labels.

And as we move into another isle we find the biggest misconception of all... the extra virgin olive oil. The labels, particularly on those from Italy and Spain, say it's extra virgin so it must be right, we think. You can't see the difference between the plain olive oil, so we take their word, as we tend to do when we pick up the eggs and think of Henrietta on the farm soaking up the sun.

However, Andrew Down, who cast aside his veterinary surgeon business to tend to his olive grove under his Seaview Grove label involving 1800 olive trees on an 80-acre property at the top of Goolwa/Middleton, believes the false claims on what is extra virgin olive oil is doing nothing to help our local producers.

Continued P25



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From P24

Reserved and well-mannered, Andrew is not the type to be aggressive in presenting his views, but then he's also not frightened to say them when it comes to protecting consumers. For example, he is passionate about having his olive oil grove being organic, yet as a respected vet when in the dairy industry and himself once a dairy farmer questions the validity to a degree in regard to organic dairy farms.

"It's about doing the right thing by the animals," Andrew said. "As a vet I used to go to lots of organic farms, and I found it quite hard from the animal perspective to perform a difficult calving when needing to cut to get the calf out without being allowed to give pain relief or antibiotics in order to protect the organic status.

"I am all for organic, and we keep this whole olive grove completely organic, but sometimes farmers need to be realistic and not go so hard-lined on the issue... not do it as just an all-in or all-out scenario."

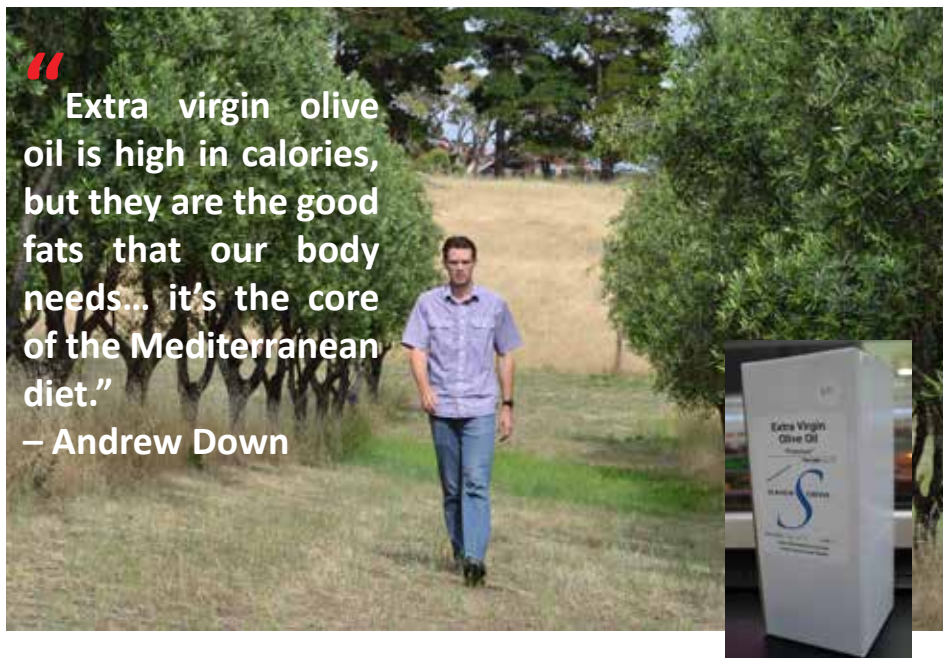
Andrew's frustration now surrounds consumers being duped about imported olive oil.

"After sitting in warehouses in Spain and Italy for five or six years, and with the Australian dollar being low, the oil is then dumped on our supermarket shelves," Andrew said. "And because there are no laws about what you can call your olive oil, it is sold as 'extra virgin' olive oil. It is just garbage, and with no health benefits at all."

The fight is shared by the Australian Olive Association, whose members have entered a voluntary code of practice to have their olive oil tested each year to ensure their product is genuine. Look for them on labels.

In simple terms, plain olive oil is nothing special, but according to Andrew, extra virgin olive oil is made from the best fruit, and processed within 24 hours. It has to be stored appropriately, and tested for levels fatty acids, polyphenol antioxidants, plus other criteria. The process is extensive, but the health benefits are profound. "By sight, it would be difficult to pick a bottle of olive oil from one that is extra virgin olive oil," Andrew said. "You can taste the difference; the extra virgin oil has a more bitter or peppery taste. Some people don't like that; it's all the polyphenols that are tickling the back of your throat.

"The hard thing with the labeling is that you



"Extra virgin olive oil is high in calories, but they are the good fats that our body needs... it's the core of the Mediterranean diet."

– Andrew Down

can get it tested and stick the name extra virgin on, but as soon as the bottle is opened and gets contact with light it goes off within four months. You can still use it for salads and so on, but it is no longer extra virgin; gone are the health qualities."

Andrew believes butter is for toast, and proudly declares that he and his wife, Emily, who is a general practitioner in Goolwa, and have children, Sterling, four, and Mitchell, 18 months, use extra virgin olive oil in almost everything they cook.

"It's great in cakes; it gives them more oomph," Andrew said. "Extra virgin olive oil is high in calories, but they are the good fats that our body needs... it's the core of the Mediterranean diet."

To offer much longer-lasting extra virgin qualities Andrew sells his Seaview Grove label in bladders inside cardboard boxes like cask wine. He admits it's not as nice to look at as bottles, but it keeps light out and no air gets to it so the olive oil doesn't start oxidizing.

"Some people don't like us because we're in a cardboard box," Andrew said. "It's against every marketing principle, but we would rather produce good quality even if means remaining small, otherwise, we're like everyone else."

Andrew ceased being a veterinary surgeon in December, 2012 after eight years. "We had

a dairy farm before this olive oil venture at Meningie, where I grew up, and I was also a dairy vet in northern Victoria.

"I juggled the two, and then I came back to South Australia for a while, sold the farm and got out of the dairy industry altogether. I didn't like where the dairy industry was heading, and it was not much of a family life."

Olive trees generally produce good yields every second year, and while Andrew's grove is relatively young it should bring in 3000 litres of olive oil this year, and soon reach its capacity of an estimated 10,000lt.

Rest assured, when you see the cartons with a difference on the shelves at places like Goolwa Central Meats and Alexandrina Cheese, and especially online, it will be all genuine extra virgin olive oil.

"Some people look at us thinking what a great lifestyle, but Emily and I worked pretty hard and long hours for years from when we first got married, what with me in vet clinics and Emily in hospitals while we also ran a dairy farm," Andrew said. "To be honest, our life had to change."

And we're left to ponder: if only the scurrilous labels changed to be honest.

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Inspirational Heart Foundation recipes

February is Heart Research month, and we are pleased to present a selection of healthy heart recipes kindly provided by the National Heart Foundation. These recipes are for inspiration only, and should not be considered as a recommended daily dietary solution. You may obtain other healthy recipe ideas at: www.heartfoundation.org.au/recipes And please, consider donating to the Heart Foundation to help raise much-needed funds for research. Enjoy. – **Jenny**

Breakfast

Mushroom, feta and thyme omelette

Serves 1. Time: preparation 10 minutes, cooking 10 minutes.

Ingredients

2 tsp olive oil
100g (about 3) medium mushrooms, sliced
1 tbs semi-dried tomatoes, drained on paper towel, finely chopped
2 tsp chopped fresh (or 1/2 tsp dried) thyme leaves
2 medium eggs
1 tbs water
30g reduced fat feta cheese
Cracked black pepper, to season

Method

Heat one teaspoon of the oil in a small non-stick frypan, add mushrooms, sauté until tender then stir in semi-dried tomatoes and thyme and transfer mixture to bowl. Whisk eggs and water together in a bowl. Heat another teaspoon of oil in the same frypan. Pour egg mixture into heated frypan and cook over a medium heat, drawing edges of mixture toward centre so that unset mixture flows to the edge of pan. When omelette is almost set, sprinkle sautéed mushroom mixture and crumbled feta over half the omelette, season with pepper, then flip unfilled side over filling. Stand over a low heat for a further minute to allow filling to heat through.



Mushroom, feta and thyme omelette. Recipe and image reproduced with permission. © 2014 National Heart Foundation of Australia.

Lunch

Tuna Nicoise

Serves 4. Time: cooking 25 minutes

Ingredients

4 slices wholegrain bread
Olive oil spray
400g chat potatoes

Continued P27

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Tuna Nicoise. Recipe and image reproduced with permission. © 2014 National Heart Foundation of Australia.

From P26

250g green beans, topped, washed
250g cherry tomatoes, halved
1 bunch rocket, trimmed
425g can tuna in olive oil blend, drained
4 soft boiled eggs, peeled

Dressing

1/3 cup buttermilk
1 tbs wholegrain mustard
1 tbs chopped fresh chives
Finely grated rind 1 lemon
Cracked black pepper, to season

Method

Preheat oven 220°C (200°C fan-forced). Lightly spray both sides of bread and place onto a baking tray. Bake 5-10 minutes or until light golden. Set aside.

Meanwhile, place the potatoes in a saucepan. Cover with cold, unsalted water and bring to the boil. Reduce heat to medium, simmer uncovered for 10-15 minutes or until potatoes are just tender when tested with a skewer. Drain and set aside to cool for 15 minutes. Cut each potato in half.

Place the beans on a dinner plate in a single layer, cover with damp paper towel, microwave on High/100% for 1-2 minutes or until bright green but still crisp. Refresh under cold running water then pat dry with paper towel.

For the dressing, combine all the ingredients in a screw-top jar with freshly ground black pepper, shake until well combined.

Combine the potatoes, beans, tomatoes and rocket on a large platter. Break tuna into chunks and arrange over the salad. Break the eggs in half and place on top. Spoon the dressing over the salad and serve with crusty baked bread.

Tips: For soft boiled eggs, bring a saucepan of water to the boil. Add room temperature eggs and stir until water returns to the boil. Cook for 4 1/2 minutes the drain and refresh under cold water.

For a new twist on an old favourite, try replacing the canned tuna with 500g fresh tuna, chicken, salmon or prawns.

Serves 4. Time: preparation 10 minutes; cooking 10 minutes

Ingredients

700g salmon fillet, bones and skin removed
1 tbs brown sugar
1 tsp dried chilli flakes
1/4 tsp ground cinnamon
1 tbs olive oil
1 tbs freshly squeezed orange juice
Ground black pepper, to season
2 corn wraps, quartered
Olive oil spray
Crunchy slaw
1/4 cup low fat Greek-style yoghurt
2 tbs freshly squeezed orange juice
2 tsp cold tap water
1 tsp brown sugar
2 medium carrots, peeled and grated
1/4 small green cabbage, finely shredded
100g snow peas, topped, finely shredded
50g bean sprouts, trimmed
2 tbs flaked almonds
1/3 cup fresh mint leaves

Method

Cut salmon into 3cm cubes. Combine sugar, chilli, cinnamon, olive oil and orange juice in a ceramic dish. Season with ground black pepper. Add salmon and turn to coat. Cover and refrigerate for no longer than 10 minutes.

For the crunchy slaw, combine the yoghurt, orange juice, water and sugar in a large bowl, whisk until well combined. Add the carrots, cabbage, snow peas, sprouts, almonds and mint and toss gently to coat in the dressing.

Preheat barbecue grill on high heat. Thread the salmon onto four long metal skewers or eight bamboo skewers. Barbecue salmon, basting occasionally with the marinade for 4-5 minutes for medium, turning occasionally, or until cooked to your liking. Transfer to a tray, cover and allow to stand for 5 minutes.

Spray the corn wraps lightly with oil and barbecue 1-2 minutes each side until warmed through, serve with the salmon and crunchy slaw.



BBQ salmon skewers with crunchy slaw. Recipe and image reproduced with permission. © 2014 National Heart Foundation of Australia.



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