

FREE

Coast Lines

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

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We're off to see the Wizard, the wonderful Wizard of Oz

Dorothy and her dog Toto, the Tin Man, Scarecrow, and all of the other fabulous characters from *The Wizard of Oz* have been brought back to the stage by the South Coast Choral & Arts Society to perform at its Coral Street, Victor Harbor home from May 9-24.

The opening is almost to the day of the 95th year since the passing of Lynman Frank Baum, who wrote this classic children's book by the same name. It's also the 75th year since the legendary Judy Garland played the role as Dorothy in the Metro-Goldwyn-Mayer screen blockbuster, and 45 years since her passing, aged 47.

The first stage play of *The Wizard of Oz* was in Chicago in 1902, and despite all of these years and milestones, it remains as one of the world's all-time must-see screen and stage classics.

No one is more excited about the challenge than 17-year-old Kathryn Adams (pictured), an Investigator College student at Victor Harbor, who plays the leading role of Dorothy Gale.

Continued P2

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From P1

In this wonderful ageless tale Dorothy dreams of what lay over the rainbow, and when a twister hits her family's Kansas farm and carries her away over a rainbow to the magical world of Oz, a cast of weird and delightful characters join her and travel the universe of her imagination.

Our local play is being directed by Jacobus J Geelen – known as JJ – with Brenton Osborne as musical director and Sarah Pearce as choreographer, with incredible support from an equally talented cast and crew.

The South Coast Choral and Arts Society, an amateur theatre group that has delighted audiences since 1956, has produced some magnificent productions, and *The Wizard of Oz* will certainly rank high amongst them.

Joining young Kathryn as the stars of the show will be Daniel Jorgensen, Jon Grear and Mick McKinlay. They are certain to do Victor Harbor and the brilliant English actress Frances Ethel Gumm, better known as Judy Garland (1922-69), very proud.

Tickets \$18 adults; \$15 concession; children \$10 available at Swan's Pharmacy.



To all our mums: have a happy Mother's Day!

Mother's Day is special for all the mums of this world – even those who are only “mums” to their much-loved pets – but this Mother's Day on Sunday, May 11 will be extra special for the third-year running for Goolwa's Briana Williams. She has three children aged three and under – and is loving every precious moment.

Showing all their love for her this Mother's Day will be (pictured above from left) Max, three, new addition Thomas, four months, and George, two. The celebration of Mother's Day began in the United States of America in the early 20th century and is observed the same time here – the second Sunday in May – but it is an Australian who is credited with having started the tradition of giving gifts on Mother's Day – 90 years ago this year. She was Janet Heyden, a resident of Leichhardt, Sydney, who started a campaign to collect gifts for lonely aged mothers.



Don't know what to buy mum this Mother's Day... something different and a lot more exciting than the norm? There's a great Mother's Day gift voucher idea at the bottom of page 5 in this edition. (We said it would be more exciting). You also can't go wrong with some nice traditional white chrysanthemums (pictured) from Allira Florist in Victor Central Shopping Centre. To all of our mums out there... Happy Mother's Day, and may you all treasure the moment.



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Your local team (from left) Shane Mitchell, and proprietors Tony Caruana and Steve Conder.



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A talking horse? That's a Mystery

Mystery, pictured with her owner, 10-year-old Winter McKay, of Middleton, is a beautiful Appaloosa who seems to be really talking up the Victor Harbor Riding Club at the Scott Grounds right now.

And no wonder – the club is celebrating its 50th birthday.

The club is reaching out to all past and current members of the VHRC inviting them to its 50th birthday party at Urimbirra on Saturday, May 24, followed by a gymkhana the following day at its Scott Grounds, Bacchus Road, Victor Harbor. If you would like to attend the dinner please give Jo Lawson a call on 8555 4292.

You can also have a try at riding a horse at any of the club's monthly meetings held at the Scott Grounds, usually on the first Sunday of each month. Mystery will tell you what to do.



The president's men of Armfield Slip... (from left) Roly Bartlett, Garry Coombes, David Young, Tom Jones, Rick Eylward and Peter Reedman.

New era for an old boat shed

Armfield Slip, a true historic gem of the Murray River, now has its own identity as an incorporated volunteer body.

It will continue to operate like it has since the Alexandrina Council bought the premises from the Armfield family in 1986, but will no longer be a committee of the council.

Armfield Slip began in Goolwa when Herbert Alexander "Hookey" Armfield bought the David Milne Shipyard in 1926. His son Douglas took over the business in 1956, and continued building

and maintaining boats until his retirement in 1983.

Volunteers, including the six presidents who have served since the formation of the committee in 1986, suppliers and great supporters of Armfield Slip and boat shed celebrated the changeover on Monday night.

President Garry Coombes described it as an exciting new era, and a time to encourage younger people to become involved and learn the art of wooden boat building.

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

Maybe we can help with our Introducer Program.

Talk to Marilyn Connor and the team at NAB Victor Harbor to find out more.

NAB Victor Harbor
27 Torrens Street
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Australia will celebrate **National Volunteer Week** from **May 12-18**, and we share a tribute to all volunteers whose selfless acts of kindness keep this country going. Meet Helen Deguet, who coordinates a special program in the southern Fleurieu Peninsula made up of volunteers who do what anyone can – make friends.

When *One* is the loneliest number

It was 45 years several weeks ago that *Three Dog Night* released a No.1 Billboard chart-topper written by Harry Nilsson that started with the line: *One is the loneliest number...* It is possibly the most trivial thing you'll ever read in a lifetime; don't expect it at the local quiz night.

However, it aptly sums up the lives of so many people along our southern coastline. For whatever reason, predominantly the passing of their partner, we have elderly home alone and feeling isolated from our community. Many are unable to drive, rarely venturing from their home for anyone to realise their plight.

If you happen to hear your neighbour playing that old *One* track, perhaps by Johnny Farnham, who made it more popular in Australia also in 1969, tell him/her about a wonderful organisation called the Caring Neighbourhood Program, which deals with this very issue – providing friendship; that vital realisation that there can be two in their life.

Helen Deguet, who is program coordinator of this initiative of the Victor Harbor and Alexandrina councils, with funding support by the Australian Government's Home and Community Care Scheme, said the greatest challenge was finding more volunteers and reaching to those in need of communication.

And when these doors are opened, gone is this immense feeling of depression, and entering



is an incredible feeling of life, not only with brilliant one-on-one friendship meetings, but group sessions in the form of being picked up for five lunches a month, a movie day at Carrickalinga House, an exercise program,

when their mobility is not as good as it once was," Helen said. "It is why this program is so important; it helps and encourages people to take a positive and perhaps bold step."

Continued P5

“

We link a volunteer with a person who shares common interests so they will form a friendship; you cannot replace that. In some cases it develops beyond just a volunteer thing; it becomes a strong bond.”

– Helen Deguet

monthly bus trip, a keen art group, and a good old fashioned knitting and sewing class. Hello, but has anyone out there got time to feel down about loneliness?

We don't live in a perfect world, and so much more can be done to help those who need support, but this Caring Neighbourhood Program goes a long way to revitalising lives; there is a wonderful reason to get out of bed every morning, and made easier when realising others share the same plight.

"All through our life we think, 'I've got to get up and get out there and meet people', and you are responsible, but in reality it is not easy for some, especially

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NEW! Tuesday fish nights

From P4

The Caring Neighbourhood Program was established 15 years ago, and Helen has been in the job since last July. She paid tribute to Glenys Brown, a remarkable community worker and the previous coordinator, who over nine years established a great network of volunteers with their sole mission being the most important person to someone who was lonely – a friend. There are currently 40 volunteers helping 120 clients, whether providing transport, or just simply doing what friends do. Helen explained that, being a friendship-based service the volunteers were not there for essential needs. “We might have a volunteer who picks up a client and takes them shopping, and we need to make sure that it is friendship-based rather than shopping-based,” Helen said. “Because we are volunteers, if that person needs that shopping to survive then we will try to link them into a service to get that shopping done. “For us, it’s about friendship; having a coffee and browsing the shops. We link a volunteer with a person who shares common interests so they will form a friendship; you cannot replace that. In some cases it develops beyond just a volunteer thing; it becomes a strong bond.

“The group meetings have proved invaluable because people see others in a different light, and the best comes out of them. Suddenly they have gone from having no friends or even a link to the community to perhaps one friend and then a nice group, all sharing a positive outcome.

“With primary health, I think we have all realised just how important it is to keep our social well-being going as much as anything else.

“We also find carers, who perhaps have looked after a partner or parent, have put their social needs to one side and lost a lot of friends because of that. They drop out of clubs and community programs to solely focus on this person which becomes all consuming. When that person dies or goes into residential care, the carer finds all this time on their hands and has lost all of their contacts. That can be really hard.

“When we sit at home we can dwell on things like our son or daughter has not called us for a while, and the negative thoughts are not good for our well being; it can bring on illness or stop us from moving about which can bring on other conditions.

“By getting out and feeling better about yourself, and experiencing that connection with the community, it helps your well being and makes you more likely to get up and walk down the beach by yourself if you are able.

“We have some resources and extra funding for us to generate growth in our program, but it is reaching these people and letting them know we can offer support.”

Helen, who was previously involved with aged care for 15 years, said she entered the community services field because she wanted to make a difference.

“I made up my mind a long time ago I didn’t want to work for the sake of working; I wanted to do something that I loved doing,” she said. “I have done a lot of volunteer work myself, and I

found that rewarding because of what you get back.

“Yes, we are helping a lot of people here, but we all get so much from the clients as well, especially the aged group. They are such amazing people; you realise that everybody’s life is so valuable.

“The volunteers we have are here for the right reasons. This is very much a people business; you need to have patience and understanding.

“We also offer training to volunteers to help them find those boundaries and what is comfortable for them; it may involve helping them with counseling skills without going too far.

“For the most part, there is a real balance for the client... it’s about going out, having fun and doing something you cannot normally do. It may be as simple as going down to the beach to have an icecream.

“Sometimes, it takes just one connection for the client to feel they belong.”

Helen is supported by a part-time administrator who also assists with the actual program. It allows both to get out into the field and discover first-hand the issues of isolation facing so many, not to mention free-up time to prepare countless reports and documents, as per requirements under the Australian Government Home Care Standards for all community care programs.

“The program is about promoting the need to friends, neighbours, doctors and other in the health care sector like physios to recognise someone in need of our services.” And the

great thing is that there is room to grow.

It was American author Lois Lowry who wrote: *The worst part of holding the memories is not the pain. It’s the loneliness of it. Memories need to be shared.*

Helen said her program offered so much to the volunteers in return because they heard remarkable life stories from the clients. It’s what they do; listen, sometimes as the only friend the client may have. It’s then that one does not become the loneliest number.

To register for the Caring Neighbourhood Program contact Helen Deguet on 8551 0544 or email: cnp@victor.sa.gov.au CL

Have a laugh on us

Incredibly, our readers have not heeded warnings not to read the lame jokes in our *Laugh Lines* section, so we’re going to give you more.

We are producing a jokes book with all proceeds going to the South Coast District Hospital Auxiliary. The publication is being put together now, and will be available at the hospital and selected outlets along the South Coast. Stay tuned; the book is on its way.



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Surf plus art equals a winner

Welcome to the inaugural Saltwater SurfArtFest across Port Elliot, Middleton and Goolwa from Thursday, May 8 til Sunday, May 11.

The festival, as part of the highly-successful Just Add Water showcase of the arts, has the potential to become one of the best festivals in this, the Festival State, outside of the Adelaide Festival of Arts in terms of diversity and tourism.

In a brilliant new concept, Saltwater SurfArtFest is combining surfing with some amazing movies, memorabilia and come & try events with the arts with sculpture trails, exhibitions and plenty of music.

The name obviously tells us of the strong surfing link – the artists at Signal Point are actually ‘old’ surfers – but it has something for all ages and for even those not into surfing.

Significantly, the cooperation between numerous organisations and the input by a long list of people has been brilliant, especially the coordinators Barbary O’Brien and Annabelle Collett. The festival is being presented by Country Arts SA, Alexandrina Council, the Australia Council and the south coast surf community as part of a Federal Government pilot initiative to stimulate communities through arts.

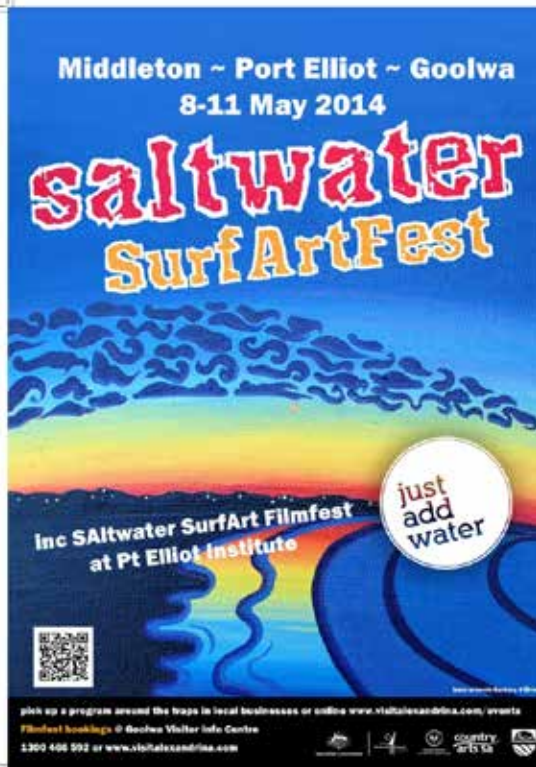
There is the opportunity to see sensational vision in new surfing films, including a long list of short features. The culture deepens with a Temperate Art Trail – simply pick up a map at Bashams Beach carpark.

There are near constant exhibitions, features, entertainment or opportunities to learn to surf. For a complete program guide follow the link: <http://www.visitalexandrina.com/events/event/331-saltwater-festival>

Daily Program

Thursday, May 8

All day: Temperate Sculpture Trail; 9-5pm: Retro Surfboard, art and music Southern Surf, 35 North Tce, Port Elliot; 10am-2pm: Hot Water Records, 11 Goolwa Tce, Goolwa; 11am-4pm: Surface Tension Exhibition @ Signal Point Gallery, Goolwa; 11am-4pm: Flyer and Fin Exhibition South Coast Regional Art Centre; 11am-4pm: Plastic Wave Signal Point Gallery, Goolwa; 11am-4pm: Saltwater Surf Art Filmfest Shorts @ Signal



Point Gallery Theatre, Goolwa; All opening hours: Surf Art @ The Elliot Hotel; 8.30pm: Live Music The Royal Family Hotel, Port Elliot.

Friday, May 9

All day: Temperate Sculpture Trail; 9-5pm: Retro Surfboard, art and music Southern Surf, 35 North Tce, Port Elliot; 10-2pm: Hot Water Records, 11 Goolwa Tce, Goolwa; 11am-4pm: Surface Tension & Plastic Wave, Signal Point Gallery, Goolwa; 11am-4pm: Flyer and Fin Exhibition, South Coast Regional Art Centre; 11am-4pm: Saltwater SurfArt Filmfest Shorts, Signal Point Gallery Theatre, Goolwa; All opening hours: Surf Art, The Elliot Hotel; noon-3pm: John Taylor Collection, 1 Bondi St, Port Elliot; 6-8pm (and beyond): Festival launch, Port Elliot Surf Lifesaving Club; 7.30pm: Saltwater SurfArt Filmfest launch, Lost Paradise, Q&A, Port Elliot Institute; 8.30pm: Live music, Elliot Hotel, Port Elliot.

Saturday, May 10

From 9am: Pro BodyBoarding Comp, Knight's Beach; All day: Temperate Sculpture Trail; All day: Come 'n Try Surfing @ Middleton Surf &

Sun & South Coast Surf Academy; 10-11am: Photographic Workshop, Alice Bell, Basham's Beach carpark; 9am-5pm: Board Meet, Big Surf Australia, Main St, Middleton; 10-11am: Meet the Directors Saltwater SurfArt Filmfest, Port Elliot Institute; 9am-5pm: Retro Surfboard, art and music, Southern Surf, 35 North Tce, Port Elliot; 10am-6pm: Saturday @ Middleton Point, Middleton Point; 10am-2pm: Hot Water Records, 11 Goolwa Tce, Goolwa; 10am-4pm: Surface Tension & Plastic Wave, Signal Point Gallery, Goolwa; 10am-4pm: Flyer and Fin, South Coast Regional Art Centre; 10am-4pm: Saltwater SurfArt Filmfest Shorts, Signal Point Gallery Theatre, Goolwa; noon-3pm: John Taylor Collection, 1 Bondi St, Pt Elliot; 3pm: Minds in the Water, Saltwater SurfArt Filmfest, Port Elliot Institute; 5-7pm: (Open 10 - 5) Ebb Tide Exhibition Opening, South Seas Books & Trading Port Elliot; 6-9pm: Saturday Night in Middleton, Middleton Main Street; 6.30pm: Missing Saltwater SurfArt Filmfest, Port Elliot Institute; 9.30pm: Live Music: GT Stringer, Middleton Tavern.

Sunday, May 11

From 9am: Sunday Morning @ Bashams, Basham's Beach; From 9am: Pro BodyBoarding Comp, Knight's Beach; All day: Come n Try Surfing @ Middleton, Surf & Sun & South Coast Surf Academy; All day: Temperate Sculpture Trail; All pub hours: Surf Art, The Elliot Hotel; 11am-4pm: Ebb Tide Exhibition, South Seas Books & Trading Port Elliot; 9am-5pm: Retro Surfboard, art and music, Southern Surf, 35 North Tce, Port Elliot; 10am-noon: Saltwater SurfArt Filmfest Shorts, Signal Point Gallery Theatre, Goolwa; 10am-2pm: Hot Water Records, 11 Goolwa Tce, Goolwa; 11am-5pm: Sunday in Middleton, Middleton Main Street; 10am-4pm: Surface Tension & Plastic Wave, Signal Point Gallery, Goolwa; 10am-4pm: Flyer and Fin, South Coast Regional Art Centre; 1pm: First Love, Mothers' Day Matinee, Saltwater SurfArt Filmfest, Port Elliot Institute; 2pm: Surface Tension Exhibition opening, Signal Point Gallery, Goolwa; 3pm: The Heart and the Sea, Saltwater SurfArt Filmfest, Port Elliot Institute; 5pm: Lakes Angel, start at Signal Point and follow the signs; 6.30pm: Spirit of Akasha, Saltwater SurfArt Filmfest, Port Elliot Institute; 8.30pm: Live Music and closing party, The Elliot Hotel.

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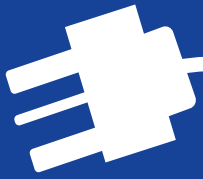
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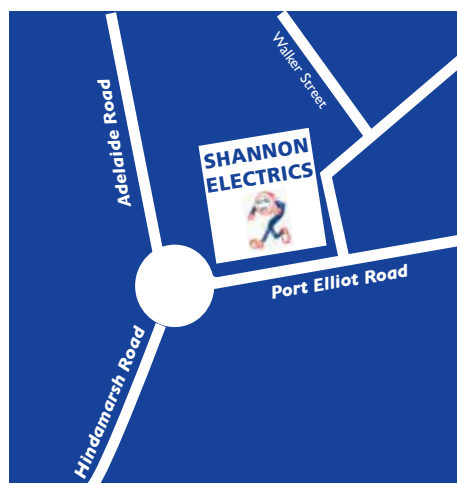
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Victor Harbor

Get ready for the big watch; it's Whale Time

The whales are coming, and the SA Whale Centre will launch the new season in the city with a big show for children featuring Professor Blubber Grossology Show and Whale Grubs Up sessions on Tuesday May 27.

And once again Warland Reserve in Victor Harbor will come alive with the Whale Time Playtime Festival on Sunday, June 1 from 10am-4.30pm.

This year's event will feature Daniel Larcombe, the Amazing Drumming Monkeys and the immensely talented Tal Kin Jeri Dancers.

It's great value for families with the entry fee \$5 including all activities, amusement rides and entry to the SA Whale Centre.

Visit: www.whaletimeplaytimefestival.com.au

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Thought for the Month...

People say you cannot have your cake and eat it too. But what good is a cake if you can't eat it?



May 1-31

The Wild Fibre Artists are staging an exhibition Nature's Patterns at Ibis Siding Gallery in Goolwa throughout May.

The talented textile artists are Bev Bills, Gem Congdon, Margaret Harris, Jackie Pearce, Charmian Quintrell, Lynne Radcliffe, Liz

Stevenson, Kaaren Temme, Yvonne Twining and Liz Yates. They come from Victor Harbor and Adelaide-Gawler, and have created artworks from fibres used in numerous ways. Their diverse backgrounds and work has led to them developing a variety of techniques including weaving, fabric collage, stitch, basketry, mixed media, leatherwork, felting, paper-making, sculptured forms and art to wear.

The exhibition brings together the amazing patterns within nature into creative fibrous forms of wall works, handwoven shawls, tapestry weaving, mixed media collage, leather pod bags & stitch upon stitch.

Pictured: Passionfruit Flower on handmade paper, by Bev Hills.

Friday, May 30

The Paddleteamers Square Dance Group is starting a new learners' class at the Port Elliott Institute Hall, The Strand, Port Elliott on Friday, May 30 from 7-8pm. There is an intake for three weeks, with the first week free and then \$4 per night. Continued P10

The classes are for people of all ages and it doesn't matter if you don't have a dancing partner. Squaredancing is regaining some of its popularity, and it's great fun – not to mention some light fitness work. More information contact Penny 85523879 or Zaree 85550585.

Wednesday, June 18

There is a new opportunity to get your boat/jet ski marine licence. The exam will be held at the Victor Harbor Primary School, The Parkway Victor Harbor from 6.30pm. Cost is \$35 with bookings essential. It is one of five exam nights for the year. The SA Recreational boating Safety Handbook should be studied before arrival. You will be shown a 90-minute power point presentation by a local marine safety officer before sitting for the exam.

The free SA Recreational boating Safety Handbook is available at Fleurieu Crash Repairs, Liberty Fuel, RAA shop in Victor Harbor and BP Goolwa. Refresher course \$10; juniors (12-16) \$15 (ID essential for everyone). Practise compulsory here: http://www.ondeck.sa.gov.au/online_quiz/user_interface/compulsory

Continued P10

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Time to rock 'n roll



Keith Brewin is a rock 'n roller from way back – 'I'm the other side of 50 like all rockers' – and he's keen to get us on the dance floor at the seventh annual Rock 'n Roll Festival at Warland Reserve from September 20-21. He says the festival is a fabulous event, but most of the dancers are from the city and interstate. "Where are the locals?" he asks. So... Let's Dance – and that's also the name of his favourite rock 'n roll song that he likes to dance to, performed by Chris Rea in 1987. Keith has been teaching the classic rock 'n roll moves since 1993, and is rekindling the shaking all over by conducting how to dance lessons for beginners and the more advanced at the RAOB Hall in Leworthy Street, Victor Harbor (off Cozier Road) on Thursday nights, starting tonight.

The art, he says, is for the men to know how to lead, and for the women knowing how to follow. "There are some basic steps and it's largely a matter of putting them all together and the man leading his partner into the steps," Keith said.

"The great thing about rock 'n roll is that it's still for people of all ages – it's a great way to stay fit."

And his favourite rock 'n roll performer? "They are all different, and Elvis was great of course, but I'd have to say Cliff Richard," he said.

Keith, who has moved from Brisbane and the Gold Coast where he taught rock 'n roll dancing five times a week, is also keen to set up dance classes in Goolwa.

If you are interested in learning rock 'n roll and getting on the dance floor and having a bit of fun at the festival, give Keith a call on 0428 820 822. Tell him Elvis sent you.

From P9

Sunday, May 25: Models in top flight for charity



Some of South Australia's finest model aircraft pilots will stage a spectacular public airshow in support of the Royal Flying Doctor Service (RFDS) and its vital fleet of real 'flying intensive care units'.

More than 50 radio and control line-controlled planes, jets, helicopters, and gliders will take to the skies in one of the largest public model displays staged in the State, and the first dedicated to raising money for a charity.

Demonstrations will include breathtaking aerobatics, simulated combat sessions, gas turbine-powered jet aircraft and pylon racers reaching 350 kilometres per hour and gliding, aerial and static displays of vintage, modern, military and civilian aircraft.

The Model Aircraft Airshow will be held at the Strathalbyn Model Aircraft Club (Noel Wenzel Field), 167 Langhorne Creek Road, Strathalbyn on Sunday, May 25 from 10am-3pm with gold coin donation entry in support of the RFDS.

The event is organised and authorised by Model Aerosport SA (MASA), the Model Aeronautical Association of Australia (MAAA) and the Strathalbyn Model Aircraft Club, with the support of volunteers from the RFDS Fleurieu Support Group.

MASA and MAAA president Neil Tank said the airshow would showcase a wide variety of aircraft and the skills of pilots invited from many of South Australia's 23 aerosport clubs.

"We have tailored an exciting program to demonstrate the full breadth of aeromodeling, from old timer designs, control line aircraft and gliders right through to the most modern jet-powered and multi-engine models of today,"

Neil said.

"Many of these aircraft are highly sophisticated and can actually take as long to master as it takes to learn to fly a real aircraft. In fact, some of our members are professional or recreational pilots who fly models in their spare time.

"South Australia's aeromodelers are honoured to be conducting this major event and are confident it will be highly successful in supporting the very important work of the Flying Doctor, while also raising public awareness of, and interest in, our fast-growing family sport."

RFDS Fleurieu Support Group President Marcelle Williams said the Model Aircraft Airshow promised an exciting and affordable day of family entertainment in support of a very important cause.

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.

Victor Harbor: Indoor craft & plant market in the RSL clubrooms, Coral Street, on the fourth Saturday of the month from 9am-3pm.

Yankalilla: Third Saturday of the month from 9am.



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Watching out for our neighbours

Neighbourhood Watch, in contrast to watching Neighbours, that mid-week television melodrama, has entered its 30th year in South Australia and made us all feel safer.

According to Goolwa coordinator Pat Salter, the community-based program is not simply about fighting crime, but genuinely caring about our neighbours.

"It's also not about not minding your own business or even running a vigilante group," Pat said. "You might have an elderly person living next door and if

you haven't seen the person for a few days as per normal go and knock on the door; someone may need help.

"Neighbourhood Watch plays its role in helping our police, but just as important is everyone feeling part of a community that looks out for each other.

"Promoting the need for community awareness is, of course, so important; being ready to ring 131 444 if something is not right, or in a real emergency 000 to get police attendance.

"If you feel something is not right and you see something or hear something you say something. The reality is that there are limited resources everywhere; we can be the police eyes and hears. Every small piece of knowledge may be important in apprehending a person who has committed a crime.

"Unfortunately, we do have a high crime rate down here which is not acceptable, and we are trying to deal with that. It is the reason why we have been recently allocated extra police and we now have five permanently stationed here, which is excellent, plus extended hours.

"With Neighbourhood Watch it is a matter of knowing what is around you, and looking after personal safety... locking your car, not leaving your handbag in your trolley whilst shopping; simple things. When you put these things into



"
Our police do everything they can; it's also up to us to play our part in helping them."

– Pat Salter (pictured left)

need to tidy that up. We need to instill that confidence back in the community that we are going alright."

place you get that feeling of comfort so that you know you are doing the best thing as much as possible."

Pat represents the Goolwa branch, which is linked to the Hills/Fleurieu sector, which in turn is part of a huge network that has embraced 600 Neighbourhood Watch areas since the first in SA at Flinders Park in the metropolitan area on May 1, 1985. The concept began in the late 60s in Queens, New York, USA, and followed in New South Wales in the late 70s.

In SA, the network expanded to incorporate Rural Watch in Peterborough in 1989, and later Business Watch and School Watch, which has also been set up in Goolwa.

Pat said she felt good about playing her role in the Goolwa region. "I grew up in a country town, in Rutherglen in north-east Victoria, and in those days we didn't have the crime rate in country towns as we do now," she said.

"I never grew up knowing there were issues like we have here. I think it is a lot about where we are situated and until recently the police presence wasn't huge. Most of the crime is caused by out-of-town people believing they can get away with more here than they can in the city.

"Most of our community members are quite concerned what has been going on, and we

will host about 50 representatives of the Hills/Fleurieu sector for a briefing session and morning team on Wednesday, May 14. In between the cups of tea and scones Pat is sure familiar stories will be exchanged on how communities can play their role.

"Our police do everything they can; it's also up to us to play our part in helping them," she said. The Goolwa branch has 12 members who attend meetings on the first Thursday of every month at Barton Real Estate in Cadell Street. If you would like to get involved in the Goolwa branch of Neighbourhood Watch – you don't have to attend the meetings – contact Pat on 8555 5202. She believes the group is making a difference; everyone can.

Most towns across the Fleurieu Peninsula and Kangaroo Island have a Neighbourhood Watch group or are linked in some way. Visit: www.watchsa.com.au CL

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The Place of Springs

World
Environment Day,
Thursday, June 5

You're excused for not recognising the plant pictured above; a *Beaufortia squarrosa*, a West Australian native with its stunning red flowers. It was captured in Nangawooka, an Aboriginal name for *Place of Springs*, at the Waterport Road turn off on Adelaide Road, Victor Harbor.

You can be also forgiven for not noticing this five-acre flora park because the site is perhaps best known for the graffiti on the adjacent water pumping station. It can be like life, really; looking at the obvious negative rather than the beauty that lay behind.

Don Overall, 79, understands such similarity given the fact that, since 2007, he has endured two brain hemorrhages and confronted cancer, yet he dwells only on what maintains his amazing enthusiasm to defy the setbacks – the joys of life that he sees through the plants and the birdlife they attract at Nangawooka.

Incredibly, Don has been coming here twice a week for 32 years as a foundation member and now president of the Friends of Nangawooka, where last October his equally strong passion for birdlife spanning more than 50 years was also recognised with the naming of a bird hide in his honour.

With strength in his voice, Don said that few could imagine what this place has meant to

LIVING OUR HERITAGE: NO. 11

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.

him. "Nangawooka has taken my mind off a lot of things," he said. "Having had two brain hemorrhages means I have lost my licence because of peripheral sight loss, and it's meant I have had to appeal to people to bring me out here every week."

He only mentioned it to highlight the character of his friends here, particularly the group's vice-president Bruce Williams, and his wife, Helen. Between all three they have been the current driving force of the development of Nangawooka, symbolising the spirit of environmentalists, which goes hand-in-hand with our heritage – 'tis the Australian way.

Don is also quick to acknowledge the Zonta Club of Fleurieu Peninsula committee in 1982 consisting of Margaret Stevens, Jenny Cannon,

Barbara Parsons and Pat England, who invited him, as a member of the Southern Field Naturalists, to be part of the first Nangawooka committee.

"Native plants were always a hobby for me," Don explained. "I stuck with it, right from when I was a tot... five or six years old. My dad, who was an undertaker here for 42 years, planted 14 flowering gums alongside his house, and as a boy with imagination I'd stick his tommy axe in my belt and guard these trees to stop people picking the flowers off. (He didn't give his dad any new customers)."

"I planted 100 flowering gums along Inman River when I was a young teenager, but only two of them survived... the flood of '49 got one and the highways workers got the other when they widened the road."

Don's trail of trees has continued across Victor Harbor ever since, at kindergartens, schools and churches – he even led groups of senior scouts up The Bluff to a National Trust block to plant them. Some say the tally is well into many thousands; he shrugs it off saying he's just one of many who have contributed to the Society for Growing Australian Plants, which in 1984 became the Australian Plant Society Fleurieu Group.

Continued P15



Champions of their cause... Friends of Nangawooka president Don Overall (left) and vice-president Bruce Williams.

“

There's something special about this place. Like Don, the passion for plants has been there since I was a little kid; I remember converting one of my dad's aviaries into a potting shed and a greenhouse when I was nine.

– Bruce Williams

From P14

Importantly, Don, a cabinetmaker by trade, also applauds the Victor Harbor district of Zonta, a global organisation with 1200 clubs in 65 countries consisting of women in business and the professions working together to advance the status of women through service and advocacy.

“The Fleurieu Zontians had the vision that led to the Nangawooka concept,” Don said. “In 1982 they invited me to go on a committee to find a place for the Year of the Tree; they wanted to put some natives and it was suggested we plant trees from the turn-off to Port Elliot down to the Hindmarsh Valley turnoff. That would have been too hard to maintain, so they suggested this place which was ideally situated; it was a cow paddock.

“The plants have given me a lot of pleasure over the years; it really has been really good therapy. It gets you out in the bush, and the reserve has attracted a healthy bird life too... we have 1250 plant species of 250 genera, and 85 bird species on the list.”

Don pays much credit to Bruce, largely because

of his landscaping expertise and enthusiasm, and Helen with her irrigation and planting. They, and up to a dozen other volunteers on a good day, meet every Thursday from 9.30am-midday to put Nangawooka in shape. Bruce says it's not easy when someone drops a trailer load of rubbish by the front gate the night before a recent open day. “We rang the council and sure enough they helped us out again,” he adds. “Their cooperation and enthusiasm helps us go on.

“We have to be frugal. We do fundraising to make this place go ahead, and we are constantly replacing plants and keeping up to date with name tags for the plants, which people like so they can identify and plant them at home. The cooperation of service clubs and the support from the council gardener is outstanding; it gives everyone a huge lift knowing the support is there.

“We're having another open day in September, and hopefully we can sell some more plants that we have propagated to help us with the funds we need to survive.

“There's something special about this place.

Like Don, the passion for plants has been there since I was a little kid; I remember converting one of my dad's aviaries into a potting shed and a greenhouse when I was nine.”

After years of refusing to look at the graffiti on the water pump station on his way to his highly-successful nursery in the Adelaide Hills or his city-based landscaping business, in 2009 Bruce discovered Nangawooka and became involved. “First it was the plants, and then it was the friendship that got me back here every week,” Bruce said. “It would be nice to see more people come along on a Thursday morning; they can just turn up or give me a call on 8552 7220. Everyone is welcome here; there is no age barrier. We all do what we can, even if it means calling in and pulling out a few weeds; no effort is too small.”

Don said one of the great things about this place was that schoolchildren regularly came here looking at nature and leaving thinking how they could lessen our footprint on the planet Earth.

“It's what Nangawooka does to you,” he said. “It helps you see the beauty this world has to offer.” **CL**



World Environment Day is an annual event aimed at being the biggest and most widely celebrated global day for positive environmental action. World Environment Day activities take place all year round and climax on June 5 every year, involving everyone from everywhere.

The World Environment Day celebration began in 1972 and has grown to become one of the main vehicles through which the United Nations stimulates worldwide awareness of the environment and encourages political attention and action.

Through World Environment Day, the United Nations Environment Program is able to personalise environmental issues and enable everyone to realise not only their responsibility, but also their power to become agents for change in support of sustainable and equitable development.

World Environment Day is also a day for people from all walks of life to come together to ensure a cleaner, greener and brighter outlook for themselves and future generations.

Following a trail of success

Ben Simon is a little different to the stereotype workaholics in the sense that he doesn't take his work home with him because his work is also all around his home at Goolwa Beach.

As a senior project officer with the Goolwa-Wellington Land Action Association, based in Strathalbyn, his passion is implementing restoration projects like sand dune revegetation and coast-care issues in catchments that terminate into Lake Alexandrina.

And as Mr Citizen, he's either in the dunes near the Murray Mouth or other coastal vegetation spots from Goolwa-Middleton alongside other passionate Goolwa Coast Care volunteers every second Sunday morning from 9-11, including his children Ella, 11, and William, eight – with the support of his wife, Maria. Ben calls it quality time.

Another point of difference is that Ben (pictured) believes the community deserves praise for its effort in helping to improve the coastal region in the environmental stakes. It's much in the vein of 'man bites dog', a phrase coined by British newspaper magnate Alfred Harmsworth (1865-1922); normally the public only cops criticism.

However, before we become self-congratulatory, Ben also wouldn't be an environmentalist if he didn't add caution that a lot more needed to be done to care for our local dunes and general coastal vegetation.

Ben has worked for the Goolwa-Wellington LAP for seven years, focusing on coastal environment



that embraces a gamut of restoration works, particularly the restoration of water courses and remnant vegetation relating to dune and coast care issues, and components of the Coorong lower lakes Murray Mouth program.

And, if you can imagine the enormity of the program, you can see Ben and the other 10 full-

time staff scratching their heads every Monday morning wondering where to start to tackle the issues. "It's not something that only a few people can do," Ben explained. "The good thing is that we work with about 40 different community groups within the area, and generally we are getting more support from the public."

“

The good thing is that we work with about 40 different community groups within the area, and generally we are getting more support from the public.”

– Ben Simon

"It is hard to know sometimes where to start, and that is why it is important to have these volunteer groups," Ben said.

The Goolwa to Wellington Local Action Planning Association was formed in 1998 as an initiative of the Murray Darling Basin Association, which involved 10 action groups. It is a not-for-profit, non-government organisation with a 14-member board representing 12 community groups and two local councils.

Ben said the association received funding from the federal and state governments, plus the corporate sector.

"Much of the state funding for the Coorong Lower Lakes Murray Mouth project is put back into the community," he added. "We contract community groups, especially sporting clubs, to plant a nominated amount of seedlings. Any ongoing works we use local contractors and use local materials from catering to uniforms; everything. We also get a lot of in-kind support from the community."

Continued P17

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From P16

"The Federal Government loves it as a model, and is something that may be rolled out elsewhere. We have done presentations into other regions and they have been quite interested in how they can get on board and do something themselves."

Wearing his Goolwa Coast Care hat, and speaking personally, Ben added the coast was in a better shape than a decade ago. "We get a lot of encouragement from a lot of comment that the Goolwa dunes are looking a lot better on account of the work we do," he said.

"The public deserves some credit. Sometimes people do not understand how fragile the dune environment is, but if they are informed they generally take note. Putting signs up like 'keep off the dunes' and taking a multi-lingual approach with diagrams works well."

After years in recession, the Goolwa Coast Care group reignited in 2007, and the efforts of the original members, especially the Ngarrindjeri people with drift fencing and other key works, remains noted. If you would like to be part of the new team Ben has a welcoming mat, because one session might attract three volunteers and the next almost 20. "It's about doing something worthwhile for the community and the environment while having fun and meeting people in sensational surrounds like Goolwa Beach," Ben said.

"We would like more volunteers; no question. We have trouble getting them, and those we do have the consistency is not all that great. The vast majority of the membership is semi-retired or retired, and they all do a wonderful

job, whether it be working on a restoration sites around the town that are quite degraded, hand weeding, or community awareness opportunities.

"I used to live at Kanmantoo in the Adelaide Hills and worked on land care, and when I moved here to Goolwa it struck me there were some obvious similarities that could be done to address some of the erosion issues including even simple things like fencing the dune part so it is just clearer for people to understand where they should be going. Most people appreciate a bit or corralling, I guess – they also worry about getting lost.

"Seeing the results is a big thing for us; we really do see them. We just chip away, and we're constantly encouraged by the community.

"We are working closely with the Alexandrina Council, and especially the Ngarrindjeri people... we have contracted them – more through Goolwa-Wellington LAP – to do planting, weed control and fencing along the dunes, and they are doing some amazing work."

Ben believes we have lost huge amounts of diverse vegetation to housing development, especially in recent years. "The owners are well within their rights to clear it to put their house up, but it is sad to see some of the beautiful natural vegetation lost," he said. "It is a shame when people do not think of a more urban sensitive design and maybe keep some of that vegetation.

"The use of four-wheel drives at the Murray Mouth remains a big issue, and I have no doubt a majority of locals do the right thing; it's the out-of-towners that I believe tend to do the incursions up the dunes and the vandalism. There is an incredible amount of damage being done down there;

it is still a serious issue and one that Goolwa Coast Care has not entered in too much other than informal discussions. There have been suggestions of a fee system, which could work well, but that's another matter."

Some people struggle to combine work and home life, but Ben keeps it simple. "I think about the catch cry from the Surfrider Foundation... Like it. Love it. Look after it. I like that because we all enjoy coming to the beach, and it would be nice if people considered

putting something back whether it be volunteering or simply sticking to the paths and taking note of what the signs say.

"A lot of people have been playing their part, but more needs to be done."

If you would like to become involved in the Goolwa Land Care group, please contact Ben on 0418 828 949.

Visit: www.coastcare.org and <http://www.gwlap.org.au> CL

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Divergent

(M) Action, adventure movie starring Shailene Woodley, Miles Teller, Kate Winslet. A thrilling action-adventure film set in a world where people are divided into distinct factions based on human virtues. Tris Prior (Shailene Woodley) is warned she is Divergent and will never fit into any one group. When she discovers a conspiracy by a faction leader (Kate Winslet) to destroy all Divergents, Tris must learn to trust in the mysterious Four (Theo James) and together they must find out what makes being Divergent so dangerous before it's too late. Fri, May 2: 4.05pm, 8.50pm; Sat, May 3: 4.05pm, 8.50pm; Sun, May 4: 3.10pm, 8pm; Tues, May 6: 8.50pm; Wed, May 7: 10.35am*, 8pm.

The Grand Budapest Hotel

(M) Comedy starring Ralph Fiennes, F. Murray Abraham, Mathieu Amalric. A recount of the adventures of Gustave H, a legendary concierge at a famous European hotel between the wars, and Zero Moustafa, the lobby boy who becomes his most trusted friend. The story involves the theft and recovery of a priceless Renaissance painting and the battle for an enormous family fortune—all against the backdrop of a suddenly and dramatically changing Continent. Fri, May 2: 1.45pm, 6.30pm; Sat, May 3: 11.45am, 4.30pm, 6.30pm; Sun, May 4: 3.30pm, 5.35pm; Tues, May 6: 6.30pm; Wed, May 7: 10.30am*, 12.45pm, 5.45pm; Fri, May 9: 4.30pm; Sat, May 10: 2.15pm; Sun, May 11: 5.40pm; Wed, May 14: 10.45am*, 2.55pm, 5.25pm; Fri, May 16: 4.30pm, 6.40pm; Sat, May 17: 4.30pm, 6.40pm; Sun, May 18: 3.30pm; Tues, May 20: 6.30pm; Wed, May 21: 1.15pm.

Amazing Spider-Man 2

(CTC) Action, adventure, fantasy movie starring Andrew Garfield, Jamie Foxx, Emma Stone, Sally Field. We've always known that Spider-Man's most important battle has been within himself: the struggle between the ordinary obligations of Peter Parker and the extraordinary responsibilities of Spider-Man. Only Spider-Man can protect New Yorkers from the formidable villains that threaten the city. With the emergence of Electro (Jamie Foxx), Peter must confront a foe far more powerful than he. Fri, May 2: 3.45pm, 8.30pm; Sat, May 3:



1.45pm, 8.30pm; Sun, May 4: 7.40pm; Tues, May 6: 8.30pm; Wed, May 7: 3pm, 7.45pm.

The Other Woman

(CTC) Comedy starring Cameron Diaz, Leslie Mann, Nikolaj Coster-Waldau, Kate Upton. After discovering her boyfriend is married, a woman (Cameron Diaz) tries to get her ruined life back on track. But when she accidentally meets the wife he's been cheating on (Leslie Mann), she realizes they have much in common, and her sworn enemy becomes her greatest friend. When yet another affair is discovered (Kate Upton), all three women team up to plot mutual revenge on their cheating, lying, three-timing SOB. Fri, May 2: 1.55pm, 6.45pm; Sat, May 3: 1.55pm, 6.45pm; Sun, May 4: 1.15pm, 5.50pm; Tues, May 6: 6.45pm; Wed, May 7: 1.30pm, 3.40pm, 5.50pm.

Muppets Most Wanted

(G) Family, adventure, comedy starring Ricky Gervais, Tina Fey, Ty Burrell, Kermit the Frog, and Miss Piggy. Disney's "Muppets Most Wanted" takes the entire Muppets gang on a global tour, selling out grand theaters in some of Europe's most exciting destinations, including Berlin, Madrid and London. But mayhem follows the Muppets overseas, as they find themselves unwittingly entangled in an international crime caper headed by Constantine—the World's No.1 criminal and a dead ringer for Kermit—and his dastardly sidekick Dominic, aka No.2, portrayed by Ricky Gervais. Sat, May 3: 11.40am; Sun, May 4: 1pm.

Bad Neighbours

(MA15+) Comedy starring Zac Efron, Seth Rogen, Rose Byrne, Dave Franco. A comedy about a young couple suffering from arrested development who are forced to live next to a fraternity house after the birth of their newborn baby. Fri, May 9: 4.45pm, 6.45pm, 8.55pm; Sat, May 10: 12.20pm, 4.45pm, 6.45pm, 8.55pm; Sun, May 11: 3.30pm, 7.45pm; Tues, May 13: 6.35pm, 8.40pm; Wed, May 14: 1pm, 7.25pm; Fri, May 16: 2pm, 8.50pm; Sat, May 17: 11.50am, 4.15pm, 8.50pm; Sun, May 18: 1.10pm, 8pm; Tues, May 20: 8.40pm; Wed, May 21: 10.45am*, 3.45pm, 6.15pm; Fri, May 23: 4.30pm, 8.55pm; Sat, May 24: 4.30pm, 8.55pm; Sun, May 25: 3.30pm, 8pm; Tues, May 27: 8.35pm; Wed, May 28: 4.30pm.

Chef

(M) Comedy, drama starring Scarlett Johansson, Sofia Vergara, Robert Downey Jr., Dustin Hoffman. After quitting his job as a chef, Carl Casper is left to figure out what's next. Finding himself in Miami, he teams up with his ex-wife, his friend and his son to launch a food truck. Taking to the road, Chef Carl goes back to his roots to reignite his passion for the kitchen -- and zest for life and love. Fri, May 9: 2.30pm, 8.45pm; Sat, May 10: 12.01pm, 2.30pm, 8.45pm; Sun, May 11: 1pm,

7.30pm; Tues, May 13: 8.30pm; Wed, May 14: 3.10pm, 7.10pm; Fri, May 16: 2.15pm, 8.40pm; Sat, May 17: 12.01pm, 2pm, 8.40pm; Sun, May 18: 3.20pm, 5.45pm, 7.45pm; Tues, May 20: 6.15pm; Wed, May 21: 1pm, 6.30pm; Fri, May 23: 1.45pm; Sat, May 24: 11.25am, 4.05pm; Sun, May 25: 12.40pm; Wed, May 28: 10.30am*, 3.45pm.

The Invisible Woman

(M) Drama, biography starring Ralph Fiennes, Felicity Jones, Kristen Scott Thomas, and Tom Hollander. At the height of his career, Charles Dickens meets a younger woman who becomes his secret lover until his death. Fri, May 9: 2.15pm, 6.30pm; Sat, May 10: 4.15pm, 6.30pm; Sun, May 11: 1.15pm, 5.20pm; Tues, May 13: 6.20pm; Wed, May 14: 12.45pm, 5pm; Fri, May 16: 4.15pm, 6.30pm; Sat, May 17: 2.15pm, 6.30pm; Sun, May 18: 1.20pm, 5.30pm; Tues, May 20: 8.30pm; Wed, May 21: 10.30am*, 3.30pm.

Heaven is for Real

(PG) Drama starring Kelly Reilly, Greg Kinnear, Jacob Vargas, Ali Tataryn, and Nancy Sorel. The son of a real-life couple experiences Heaven during emergency surgery. He recounts the details of his amazing journey with childlike innocence. He describes Heaven in vivid detail, and speaks matter-of-factly about things that happened before his birth ... things he couldn't possibly know. The father is called upon by his congregation to explain the meaning of the revelations, and is challenged to examine their faith and draw meaning from this remarkable event. Sun, May 11: 3.15pm; Wed, May 14: 10.30am*;

X-Men: Day's of Futures Past

(CTC) Superhero, action, adventure movie starring Jennifer Lawrence, Michael Fassbender, Nicholas Hoult, Peter Dinklage, Hugh Jackman. The ultimate X-Men ensemble fights a war for the survival of the species across two time periods in X-Men: Days of Future Past. The characters from the original X-Men film trilogy join forces with their younger selves from X-Men: First Class in an epic battle that must change the past - to save our future. Fri, May 23: 2pm, 6.30pm, 8.40pm; Sat, May 24: 11.35am, 2pm, 6.30pm, 8.40pm; Sun, May 25: 12.50pm, 5.30pm, 7.35pm; Wed, May 28: 10.45am*, 2pm, 6.30pm.

Healing

(M) Drama starring Hugo Weaving, Don Hany, and Xavier Samuel. Viktor Khadem is a man who has almost given up on life after 18 years inside. Near the end of his sentence he is sent to Won Wron, a low-security prison farm 200 km outside Melbourne in regional Victoria, where senior case Worker Matt Perry has established a unique program to rehabilitate broken men through giving them the responsibility for the rehabilitation of injured raptors - beautiful, fearsome proud eagles, falcons and owls. Fri, Wed, May 23: 4pm, 6.20pm; Sat, May 24: 1.45pm, 6.20pm; Sun, May 25: 2.55pm, 5.15pm; Tues, May 27: 6.15pm; Wed, May 28: 1.15pm, 6.35pm.

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Laugh Lines

Happy Birthday Ethel

Ethel goes to the bar on a cruise ship and orders a Scotch with two drops of water. As the bartender gives her the drink she says: "I'm on this cruise to celebrate my 80th birthday, and it's today."

The bartender says: "Well, since it's your birthday I'll buy you a drink."

As Ethel finishes her second drink the woman to her right says: "I'd like to buy you a drink too."

Ethel says thank you and sculls another Scotch with two drops of water.

She turns to the barman: "Young man, pour me another one please."

As Ethel finishes her fourth Scotch with two drops of water the man on her left says: "I'll buy you a drink too; happy birthday."

Ethel downs another. Then another. The barman says: "I'm curious; why the Scotch with only two drops of water?"

And Ethel says: "Son, when you're old as me you've learned how to hold your liquor, but holding your water is something else."

Sound advice

A skeptical anthropologist is cataloging South American folk remedies with the assistance of a tribal elder who indicates that the leaves of a particular fern are a sure cure for any case of constipation. When the anthropologist expresses his doubts, the elder looks him in the eye and says: "Let me tell you, with fronds like these, you don't need enemas."

Bad dog...

Simon's parents are filthy rich and he can always have whatever he wants. One day his dog Skippy runs away and no one can find him. Simon gets so sad when he loses his dog.

His mum is concerned, so she says he can spend \$65,000 on a newspaper campaign to find Skippy.

Days pass; still no sign of Skippy, so his mum says: "Simon, here's some more money to spend on the advertising campaign."

Weeks pass, and still no sign. The ads get bigger and the reward gets higher. By this time Simon is distraught. His mum says: "Surely

someone saw the ad and knows where Skippy is... what did you put in the ad?"

And Simon says: "Here boy."

A present from Klaus

Klaus, a kind German farmer from the beautiful Leipzig region, promises to send his relatives in Goolwa some fresh pork sausages made by hand from his very own stock of pigs.

The weeks pass, but no German pork sausages. The family is so sad. Another three months pass, and still no pork sausages, so they write back to Klaus.

"Dear Klaus," they write. "We are so desperate for your German pork sausages... we cannot go on much longer."

And Klaus writes back: "I'm sorry my little ones, but the wurst is yet to come."

Criminal minds

A bloke breaks into a house at Port Elliot, and sure enough the Victor Harbor police are on the beat again; they catch him within hours and lock him up in the holding cell. Fred, the owner of the house, storms into the police station and demands to see the officer in charge. "I want to see the man who broke into my house while my dear wife and I were sound asleep."

Captain Smithers says: "Now just hold on George; everything is under control... you will get your day in court."

George says: "No, no Captain Smithers; you've got it wrong. I want to know how he got into the house without waking my wife... I've been trying to do that for years."

Dad jokes...

Did you hear about the robbery in the laundry room? Two pegs held up a pair of pants.

What was the reporter doing at the ice cream shop? He was getting the latest scoop.

What squeaks as it solves crimes? Miami mice.

How do you stop a dog from smelling? Give it a bath.

What do you call a fake noodle? An impasta.

How can you make seven even? Remove the 's'.

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Be prepared for a tough winter – it's tough out on the roads

Advertorial

Here at Grand Nissan the team shares a strong focus on road safety, and with winter upon us it is important to understand that none of us should underestimate the change in road conditions. It is vitally important to get your vehicle – whether a car, truck or recreational vehicle – into shape that will help make driving in heavy rain or icy conditions safer. May we suggest that every May you get ready by:

- Checking your tyre pressure
- Inspecting every belt and hose
- Making sure the battery is fully charged
- Changing the oil
- Inspecting the wipers and wiper fluid to ensure better visibility.

These may simple or basic steps that most people can do, but unfortunately not everyone does.

Of course, safety is an important consideration all year round, but there are certainly some auto maintenance jobs and safety checks that are specific to chilled air and winter driving. It's no use discovering that your battery needs replacing when the car won't start while you're stuck at the top of Willunga Hill in heavy rain.

And when you get your car started you discover the wipers deteriorated during the scorching summer and don't work efficiently. It is not an unfamiliar story.

As with any change of season, you should go to your regular maintenance log book to make sure you are up to date on the maintenance items that need to

be taken care of throughout the year.

However, not everyone is car maintenance minded or has the time to have these basic safety checks. You are welcome to call in to the see the crew in our workshop to either get advice. It's what we do at Grand Nissan – we care about your safety and we help.

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... and we are local.

Lakeside Goolwa

update

Vol. 2, No. 3 May, 2014

Enjoy a pleasant life change at Lakeside

By Fiona Sanders

Sales Manager, Lakeside Goolwa

How life has changed for our residents now they have made the move to Lakeside Goolwa's Over 50's Lifestyle Village.

By reducing not only the size of their homes, but also their gardens it means increasing the time they have available to enjoy leisure time and get out and about with friends and family.

Downsizing can be daunting for many people who have lived in their family home for most of their life. When we move, it is not just the furniture and clothes we need to pack. Most of us have a garden which is usually extensive. To maintain the garden we have needed the lawn mower, rake, shovel, wheel barrow etc. Then



there is the SHED. Heaven only knows how men move in their sheds sometimes, let alone work in them! The beauty about moving to Lakeside Goolwa is not having to give up the gardening or the tinkering in the shed if these things are important to you.

While you won't require the lawn mower or the shed, you can still enjoy your own smaller garden together with the community garden. The Men's Shed 'hits the nail on the head' for the guys wanting to continue tinkering.

Champions at heart

Lakeside Goolwa proudly sponsored the Goolwa Bowling Club's Easter Tournament. Club treasurer Margaret Borlase was presented with a perpetual trophy for the winners of the open fours on the Saturday won by Nick Crawley, Ev Schultz, Roger Hansen and John Brown, and the winners of the open pairs on the Monday were won by John Barratt & Nick Crawley. Fiona Sanders, Sales Manager for Lakeside Goolwa presented the trophies.



Here is what some of our residents said about their move to Lakeside Goolwa:

"It really does not feel like we have down sized, as we actually used so few of the rooms in our old house."

"It's a new life, new home and new beginning. No matter what memories the past holds, you must be prepared to shed the emotional connection to your last property."

"Start downsizing early on and if you haven't used something for two or more years, get rid of it."

"Get advice from an auctioneer on doing a clearance sale."

"Hold a garage sale for smaller, less expensive items."

"Make certain you mark packing boxes clearly so when you are ready to move into your new home you unpack the essentials first."

"Work out which pieces of furniture you use the most. These are your comfort pieces which make it feel like home."

"Buy quality and still have the best, just a smaller version."



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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.

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Celebrating a Sri Lankan August Moon

ADVERTORIAL

Each year on a beautiful August night brightly decorated elephants stroll through the streets of Kandy, the capital of Sri Lanka during the reign of the ancient kings, to the beat of drummers and the flight of dancers to herald the start of the Esala Perahera – the *festival of the tooth*.

This spectacular flow of colour, watched by more than a million people over 10 amazing days of festivities, is a key reason why Sri Lanka has resumed its status as one of the world's premier tourism destinations.

So let's join Specialised Travel and board a Singapore Airlines flight from Adelaide in 2015 for a 15-day fully-escorted trip of a lifetime. The dates? We can't tell you now because the festival is based on the timing of the August full moon as determined by local Buddhist monks. The most likely full moon chosen will be August 1, rather than late August, but Jeff Rainsford, manager of Specialised Travel, wants to be sure before selling you a ticket. It is merely

an example of attention to detail and honesty because it may be your trip of a lifetime.

The planned itinerary also caters for only one day/night at the festival because Jeff and partner Sylvia believe this is enough of basically the same thing when there is so much to do and see in Sri Lanka – at the right pace.

It is what makes this tour different from the rest – it is specialised for a targeted market of retirees who want a holiday without being hustled from one place to the next. The pre-arranged coach seats 33, but there will be only 20 booked on this trip – comfort is a priority, and there are no long daily hauls.

There are numerous big Buddhist temples in Sri Lanka – and they are amazing – but this touring party will go to only one. The same applies to the two ancient cities... you get the see the best based on Jeff and Sylvia's earlier fact-finding mission and their wealth of travel experience.

Jeff, who has 28 years experience in the travel industry and numerous awards to show that he is good at his job, said he was proud of the concept of Specialised Travel – creating a tour from square one that best suits the needs of the specific client.

"My clientele are predominantly retirees so I deliberately make it a leisurely trip and personally select the hotels and tour operators," Jeff said. "Sylvia and I go on the tour so we are there to offer guidance, advice or help when asked; it adds to the peace of mind when travelling.

"Retirees want comfort; they don't want to be rushed off their feet, and we always cater for those who may be limited by the amount of walking. We have carefully selected the resorts to offer the best value, plus making sure our clients may choose from a selection of the finest western and Sri Lankan food."

Continued P23



**Sri Lanka featuring
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From P23

It was first-hand experience of Sri Lanka by Jeff and Sylvia (pictured) that led them to exclude a visit to the capital, Colombo. "The traffic is awful," Jeff said. "It's not the place to go if you don't like to be stressed."

"The rest of Sri Lanka is absolutely beautiful, and we have focused on three major areas of the island – an ancient city of the 5th century, up the mountains to the famous tea growing region which has an old British colonial feel, and to the south coast to beaches and resorts. "The Yala National Park with its elephants and incredible bird life is a must-see, but it's all at your leisure and comfort."

"Among the many great things I love about Sri Lanka is that it is clean and well organised, plus the people are so friendly. They say 'the sound of Africa and the smell of India', but Sri Lanka is nothing like India in that regard... perhaps the only similarity is the beautifully-coloured saris. "As I said I love the place, but this is not about me. My job is to make sure this is the clients' holiday and to make it feel as if it's their trip of a lifetime."

The fully-escorted tour concludes with a two-day/one-night stay in Singapore, which is included in the price – there are no hidden costs with this tour. The total price is \$4690 which includes all meals in the resorts, taxes, tipping and entrance fees. Compare the price with other tours for everything, the standard of the accommodation by visiting the websites, and the fully-researched specialised tour. It's your money; your chance of a holiday of a lifetime.

For more information and a brochure, call Jeff Rainsford at Specialised Travel 8555 0468 or email: manager@specialisedtravel.com.au



Encounter Bay's Eli Horrocks tries desperately to break clear of his Victor Harbor opponents Steve Fairhurst (left) and Tom Borrillo (right) at Encounter Bay Oval on Saturday.

Close encounter of the Victor kind

Reigning premier Encounter Bay had a tough tussle with its local rival Victor Harbor before winning by 11 points at Encounter Bay Oval in the third round.

It lifted the Eagles into sixth spot, but left the young Kangaroos winless after three rounds. It won't get any easier for both sides in May leading into the Association match between the Great Southern and Southern football leagues at Strathalbyn on June 7. The May draw is:

Round 4: May 3

McLaren v Willunga (night)
Victor Harbor v Langhorne Creek
Yankalilla v Encounter Bay
Goolwa-Port Elliot v Mount Compass
Myponga-Sellicks v Strathalbyn

Round 5: May 10

Willunga v Victor Harbor
Encounter Bay v McLaren
Strathalbyn v Goolwa-Port Elliot
Mount Compass v Yankalilla
Langhorne Creek v Myponga-Sellicks (night)

Round 6: May 17

Strathalbyn v Encounter Bay
Myponga-Sellicks v Willunga
McLaren v Yankalilla
Goolwa-Port Elliot v Langhorne Creek
Victor Harbor v Mount Compass

Round 7: May 24

Willunga v Goolwa-Port Elliot
Mount Compass v Strathalbyn
Langhorne Creek v McLaren
Yankalilla v Victor Harbor
Encounter Bay v Myponga-Sellicks

Round 8: May 31

Myponga-Sellicks v McLaren
Strathalbyn v Willunga
Encounter Bay v Mount Compass
Goolwa-Port Elliot v Victor Harbor
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Association Match: June 7

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Recognition was gratefully received

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The Goolwa and District Community Bendigo Bank was acknowledged for its contribution to the community with certificates at the recent Southern Alexandrina Business Association dinner at the South Lakes Golf Club.

In what was described as a humbling experience by branch manager Mike Bastian, while speaking on behalf of the bank, the awards recognised the enthusiasm of the branch, its office, staff and especially the directors to help our community grow.

The G&DCBB was one of 11 recipients of the 2014 Cittaslow Awards in recognition and appreciation of its outstanding efforts within the community of Goolwa, especially with the Cittaslow Goolwa community garden and the Goolwa Children's Centre healthy eating program.



Awards winners... (above from left) G&DCBB customer relations officer Dee-Anne Farrow, Mike Bastian, and G&DCBB chair Carol Gaston. Right: Bendigo Bank business banker Jim Goldner with Mike Bastian at the SABA seminar.

There were six SABA special community awards presented, including one each to the G&DCBB and its customer relations officer Dee-Anne Farrow.

The award to the G&DCBB stated: "...in recognition and appreciation from your local community in your outstanding financial contribution

to the Goolwa and district communities", while Dee-Anne's award said: "...in recognition and appreciation by your local community in your outstanding contribution as a volunteer".

It goes without saying the awards, indeed the recognition, was greatly appreciated, but the overwhelming response by the G&DCBB was that it was acknowledgement of the much valued and appreciated support demonstrated by the wider community towards the bank.

Call it a team thing, if you like. As long as the community supports the G&CBB it will continue supporting the community.

The G&CBB also pays great tribute to the SABA, which as its name suggests, offers outstanding back-up to our local business, and in turn the community.

The G&CBB has been extremely pleased to be associated with SABA through its highly-successful series of presentations on *How to grow your business...* The fifth of a planned six meetings was held last week on *How to grow your business through better cash flow management* presented by Jim Goldner, a business banker with the Bendigo Bank.

Jim, who has 35 years experience in banking including 30 years in the lending sector, offered some immensely worthwhile insight on better understanding cash flow management and especially the importance of a business monitoring its own trends. The crucial need of having a business



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plan and constantly referring to that plan was again reinforced.

It was interesting to note that, while some businesses may enjoy a huge growth, there can be a huge negative should the cash flow not be managed accordingly to cater for an appropriate need to purchase new equipment to meet new demands.

Basically, Jim strongly advised to work closely with your accountant and your bank manager, if only to get the reassurance that everything was going fine.

Once again, the seminar was very well received, and offered another example of how the G&CBB is playing a key role in helping local business grow. It is, after all, the vital element of any community, and we should be all offering our support by buying local.

One of the great things about your community bank is that Mike Bastian always makes himself available to talk to customers about their business or private banking needs. The Bendigo Bank is more than a bank in terms of offering a whole range of services at highly competitive prices, including insurance. The G&CBB didn't win the awards just because it has nice people who care for their customers, but because of the complete package. It is more than a bank.

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Welfare Organisation * Goolwa Children's Centre * Mount Compass Scout Group * Chiton Rocks Surf Lifesaving Club * Milang to Goolwa Freshwater Classic * SA Wooden Boat Festival * Goolwa Netball Club * Farm Gate Festival * University of the Third Age * Port Elliot Town & Foreshore Improvement Association * South Lakes Golf Club * Port Elliot Primary School * Goolwa Girl Guides & Scout Hall Management Committee * Southern Fleurieu Cancer Support Group * Cittaslow * Goolwa & Port Elliot Football Club * Goolwa Shooting & Pistol Club * South Coast Little Athletics * Goolwa Tennis Club * Southern Alexandrina Business Association *

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Art-to-art talk about décor

AT HOME WITH GUEST COLUMNIST LUCY MAY

We all need to work on budgets to transform our home décor into something striking. Okay, some have bigger budgets than others, but the principles remain.

We can add a touch of old with a nice vase from your grandmother that oozes with special meaning to the room – especially for you – or maybe some new small cushions that look expensive because they bring warmth to the colour scheme. Now, that's another challenge altogether; finding the most appropriate colours that mix, but for now let's stick with the 'would you like any extras with that?'

Here is something to consider adding to your home décor list that you may have rejected because "that's not me". I'm talking about art. It remains as one of the most talked-about simple treasures of loungeroom life. Place art on the wall or on the coffee table and it draws immediate attention; whether the drop-ins love it or hate it, they'll be talking about your taste, or more to the point, the statement you are making.

Forget buying a classic Australian piece like Tom Roberts' oil gem *Shearing the Rams* (we've got a budget, remember) for a modern home, but consider something that grabs you when you visit a local gallery featuring the unknowns. This is about adding colour to a boring wall, something that grabs attention, and raises debate. It's better than talking about the Federal Budget.

A piece of art can change the mood of a room, and bring out the inner passion of your taste.

Most of us shy from purchasing a piece of art whether it be an oil painting, digital print and especially an abstract sculpture because they sell themselves short believing they know nothing about art. Remember that old saying



The best way to find this inner talent that we all possess is to visit the big studios and the one-brush backrooms and find your own theme.

"beauty is in the eye of the beholder". If it makes your boring wall come alive, then you're on a winner.

Be careful; don't just go out and buy anything. Think about how the size of the painting must be in the right scale for the size of the room. Don't allow the art to dominate or be consumed.

Think about what else is in the room; is there a theme in style, colours or vintage?

Look out of the square by considering not one big painting, but perhaps a series of small painting with a theme, which can be abstract, a country theme or the right splashes of colour. Multiple pieces nearly always work well with the same artist. Besides, it shows the effort you have gone to, and people take notice; again a discussion evolves.

The most expensive painting or sculpture doesn't necessarily mean it's the best. You

might pick up something absolutely divine from the smallest of galleries with the prices low because no one knows the artist except his/her mother and the landlord chasing the rent.

It is easy to go with the popular names or trends; take that bold step by identifying your own tastes and search for the unknown. They are out there.

The best way to find this inner talent that we all possess is to visit the big studios and the one-brush backrooms and find your own theme.

Develop your own rich sense of creativity and look at a piece of art to make the most of an otherwise boring wall in a dreadful room. In the process you will have a better chance of showing your true character than trying to impress people with something you've put on hire purchase. It is the art of perception.

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EAT WAVE *with Jenny ...*

*Colder weather means
it's soup time...*

Roasted Tomato Soup

Ingredients

1 kg Roma tomatoes
5 cloves garlic, unpeeled
5 tablespoons olive oil
1 teaspoon dried basil
1 large onion, finely chopped
1 red chilli, seeds removed
& finely chopped
2 teaspoons brown sugar
2 tablespoons balsamic vinegar
1 tablespoon plain flour
4 cups vegetable stock
salt & pepper to season
¼ cup chopped flat-leaf parsley

Method

Pre-heat oven to 200° C. Line a baking tray with baking paper. Wash the tomatoes, remove small round stem section with a knife. Lay tomatoes cut side up on the prepared tray, together with the unpeeled cloves of garlic. Drizzle with olive oil and sprinkle with dried basil. Roast for 20 minutes. Remove garlic and continue roasting tomatoes for a further 10 minutes.

In a heavy-based pan heat the extra olive oil, over medium heat. Add the finely chopped onion and chilli and cook for 10 minutes, stirring often.

Squeeze the roasted garlic pulp from their skins, chop up the roasted tomatoes, and add to the onion mixture. Stir in balsamic vinegar and brown sugar. Add the flour and stir for 30 seconds.



Remove from the heat and stir in stock. Return to heat and bring to the boil, stirring occasionally. Simmer on low heat for 5 minutes. Season with salt and pepper if desired. If a smoother soup is preferred, puree with a stab mixer, or allow to cool a little and puree in a blender. Serve sprinkled with chopped flat-leaf parsley. Serves 4.

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Happy Mother's Day to all the mums!

Send this one to the kids not living at home and not eating their veggies!

Quick & Easy Lamb Parcels

Ingredients

(one parcel per person)
lamb chops (mid loin chops are ideal)
zucchini, unpeeled and sliced
carrot, sliced
potato, peeled & sliced
low-salt dried French Onion soup mix
low-salt soy sauce
cooking spray
alfoil for wrapping

Method

Pre-heat oven to 180°C.

Lay sheets of alfoil 30cm wide by approx. 50 cm long, on a bench top. Oil sheets with cooking spray or cooking oil. Place lamb chops near the centre of each sheet, and lay sliced vegetables in the centre of the alfoil, to one side of the chops. Sprinkle each serving with a tablespoon or two of the dried French Onion soup mix and sprinkle a little soy sauce over the top of the meat (and vegies if desired). Fold the sides of the alfoil inwards, then fold the ends over to make a parcel. Place parcels on oven trays and bake for 35-40 minutes. Remove from oven. Place parcels on serving plates. Open the parcels and using an egg-slice, slide contents onto the plates – discard the alfoil.

Note: you might like to use other vegetables, e.g. peas, sweetcorn kernels, beans, broccoli, pumpkin, sweet potato, onion etc. Parcels can also be made to suit individuals – just name each parcel with a texta pen before placing in the oven. The good news is there aren't many dishes to wash with this meal, and it's so easy for the children who live away from home.



Sticky Date Puddings

Ingredients

210g pitted dates
1 cup boiling water
1 teaspoon bi-carbonate of soda
140g brown sugar
60g butter, melted
2 eggs
140g self raising flour

Caramel Sauce

100g brown sugar
250g thickened cream
100g butter
1 teaspoon vanilla essence
2-3 level teaspoons arrowroot (Tapioca flour) - to thicken sauce

Method

Muffins: Pre-heat oven to 180°C. Spray a 12 cup muffin pan with cooking spray.

Chop pitted dates into small pieces. Place in a bowl with bi-carb soda, and pour over boiling water. Allow to stand for 5 minutes. Stir in sugar and melted butter. Add beaten eggs and stir to combine, then stir in self raising flour. Continue stirring until there are no flour-lumps. Pour mixture into the muffin tins, distributing dates evenly amongst the tins. Bake at 180°C for 20 minutes. Turn mini-puddings out onto a bread board.

Caramel Sauce: Combine brown sugar, thickened cream, butter and vanilla essence in a saucepan. Stir over medium heat until butter has melted and sugar has dissolved. Continue to stir over heat, until sauce almost reaches boiling point. Mix arrowroot with a little water in a cup until smooth, and then pour into sauce. Continue whisking until sauce thickens.

Place mini-puddings on individual serving plates and drizzle with Caramel Sauce. Serves 4-6.

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