

FREE

Coast Lines

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

September, 2014

Vol. 4; No. 55

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Okay, let's rock 'n roll!

American-born Sandra Caballero taught rock 'n roll dancing in San Francisco before settling in Victor Harbor 20 years ago, and now it's time to turn the clock back again. The city will come alive with the fourth annual Rock 'n Roll Festival at Warland Reserve from September 19-21, and naturally Sandra will be there swinging the frilly skirt around the dance floor.

Continued P4

Why I love
my town

P14-16: We go to Willunga and discover the markets, a revived cinema and the spirit of a footy club.

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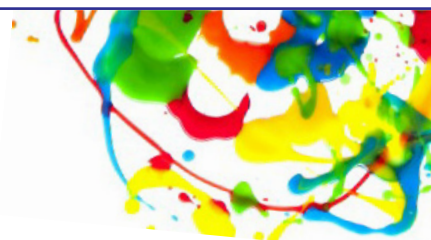
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Welcome to Volume 4 of Coast Lines!
(We're three-years-old and thanks for sharing our journey)



You've got to be joking!

If you think this headline is bad, wait til you read the new *Laugh Lines* jokes book presented by Coast Lines with all proceeds to the South Coast District Hospital Auxiliary.

For \$10, you will get lame jokes, and there are plenty of "Dad jokes" to make the Father's Day lunch memorable. It's all for a great cause. *Laugh Lines* is available in Victor Harbor at Mr Menswear in Ocean Street, Tyrepower on Hindmarsh Road, and in Goolwa at Priceline Pharmacy in Cadell Street, Goolwa RSL sub-branch, and Goolwa & District Community Bendigo Bank. Check online for more outlets.



Festival calls for volunteers

The 14th biennial South Australian Wooden Boat Festival is on its way to the Goolwa Wharf precinct, and the organisers are searching for volunteers.

This classic event on February 21-22, 2015 is one of our state's biggest and best festivals on the entertainment and tourism calendar, and a special website has been set up to register as a volunteer – and enter an exhibit or boat. Visit: www.woodenboatfestival.com.au

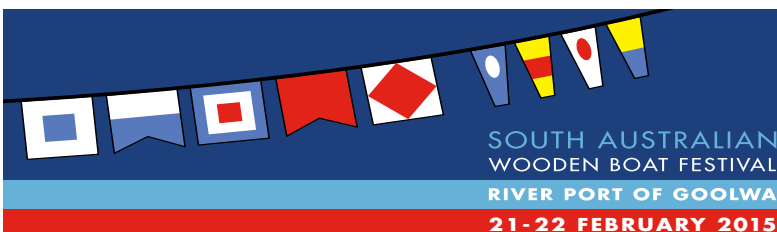
The South Australian Wooden Boat Festival is presented by the Alexandrina Council, and being one of its significant events it has engaged the professional event services of *jennie bell ink* to plan and conduct the 2015 festival on its behalf. Since a small band of men, headed by Roly Bartlett, one of South Australia's River Murray and Goolwa Wharf legends especially through his involvement with the P.S. Oscar W., met

in the late 80s at the nearby historic Armfield Slipway shed and planned the first festival in 1989, the event has evolved significantly.

Numerous dedicated volunteers enabled the festival to grow, and now everyone has a chance to help enhance the international reputation of our wooden boat festival by becoming a volunteer.

Your role as a volunteer may include tasks as a welcome and information guide, be part of the site gate and merchandising personnel, or offer support in boating, mooring and general marina duties plus various other roles that will make you feel a real part of this fabulous two-day spectacular.

Coast Lines is proud to launch a new series on My Wooden Boat in the lead-up to the 2015 South Australian Wooden Boat Festival. It starts on P17.



Plan to create new centre to rescue community programs

Recent cuts in Government funding that have placed numerous health care services and programs at risk have motivated a group of people to establish a not-for-profit South Coast Community Centre in the Goolwa area.

The group's chair person, Carol Gaston, said the move was not politically motivated, but an urgent response to save, manage and finance programs like Create & Connect, which is an art and well-being program for people facing various personal challenges.

The group is taking a broader view of what is needed within the southern Fleurieu Peninsula region in regard to community services, and has called for a community meeting in the Alexandrina Council Chamber on Thursday, November 13 at 7pm.

The community will have the opportunity to decide what it needs, which will ultimately lead to the establishment of a community centre in the area.

While a community centre can be of enormous benefit to a range of programs and organisations, it is the current plight of Create & Connect that has prompted the call for an overall area need by people with influence outside of the health care sector.

Create & Connect, which was established 10 years ago, is almost fully funded by Hills Southern Fleurieu & Kangaroo Island Community Health. It receives an annual \$5000 grant from the Alexandrina Council. The program provides workshops for more than 70 registered clients three days a week.

The aims of Create & Connect include reducing social isolation in marginalised and disadvantaged people, breaking down barriers around mental health and disability, using art as a way to bring people together and to build confidence and self esteem, being intergenerational and inclusive, and promoting healthy living through sharing meals, exercise, gardening, and participating in health promotion and community activities.

Clients are aged from 16-88 years with diverse health issues including mental health, anxiety,



Southern Fleurieu Health Service's Create & Connect program coordinator Sharyn Brady, pictured in 2012 promoting the Stobie pole art by predominantly Create & Connect clients.

depression, autism, bipolar, schizophrenia, and personality disorder. They may have a physical and/or mental disability, with some older clients facing memory loss and bereavement issues. Younger clients have been known to feel disengaged, and require home-school services. Create & Connect has perhaps gained most attention from its ongoing artwork on Stobie poles in the Goolwa area.

The group believes there will be significant impact on current clients and the community if an alternative to Create & Connect cannot be found.

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or call 8555 8000



From P1

Sandra is pictured on the front page sitting on a Suzuki Boulevard C50, owned by Vic Barone, of Holden Hill, who just happened to be cruisin' through town.

And on our boulevard there will be no broken dreams come this big event, which again will attract thousands of dance enthusiasts from around Australia.

"The Rock 'n Roll Festival is a great thing for tourism for the whole region, not just Victor Harbor," Sandra said.

It definitely will create wonderful atmosphere with the old rock music and a sea of colourful dresses and outfits – and dare we forget the classic shoes, and not just the blue suede ones either.

This year's festival is certain to attract a lot more dancers – and for a good reason. Sandra has been busy teaching people of all ages the art of rock 'n roll dancing, and in recent months Keith Brewin has also been taking beginners

and more advanced classes at the ROAB Hall, Victor Harbor on Thursday nights.

The great thing is Keith, a DJ who also taught this classic dance in England, said of the 30 or more students he has been teaching most are new to this form of dancing.

The Rock 'n Roll Festival has created dinner-dance events around the town, and once again there will be a big display of classic cars and motorbikes like Vic's beautiful Boulevard C50.

Victor Harbor is a town for old people? Nonsense. It's just full of 'ol rock 'n rollers'. And on any given night you'll find Elvis buying a hamburger or two or 20 at the local café with his mate James Dean. He buys *one for the money, two for the show...*

Pictured above right: They master and teach the art of rock 'n roll... Sandra Caballero and Keith Brewin.



Take a walk on the bush side and care for the environment

For those who actually care about our environment, but are unsure how to help, here's a great opportunity to learn. The Alexandrina Council has organised a Bushcare's Major Day Out at the Walter Newell Reserve on Sunday, September 14 that takes you to the heart of land care.

You may take a free guided walk of the reserve and try your hand at performing some basic bushcare skills. They call it TLC. The marvelous Trees for Life organisation will give you the necessary tools and equipment for the light work, and caring volunteers will provide afternoon tea.

The walks are informative, and offer ideas on how to care for our natural environment – they start



at 1.30, 2.30 and 3.30pm. Meet at the end of Sexton Ave, Goolwa Beach. You can also look at the Council's draft vegetation management plan for the Walter Newell Reserve on display for consultation. Simply register by calling 8406 0500 or email info@treesforlife.org.au. Also visit: bushcaresmajordayout.org

Scott & Judy are staying at 170a Hindmarsh Rd, Victor Harbor, but wait...

THERE'S A SNAG!

... plus other tasty bites to enjoy and giveaways at the great

TYREMAX PROMOTION DAY

Monday, September 8 from 9-11am.

Meet members of the Tyremax team at your

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



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5 Excelsior Parade The Marina Hindmarsh Island

A luxurious life style choice

Take a look at this exciting and remarkable residence situated in an elite location, with extraordinary 360 degree views of the water. It offers a timeless design with classic stone and brick, featuring double-brick construction, and for extra strength an upper concrete floor.

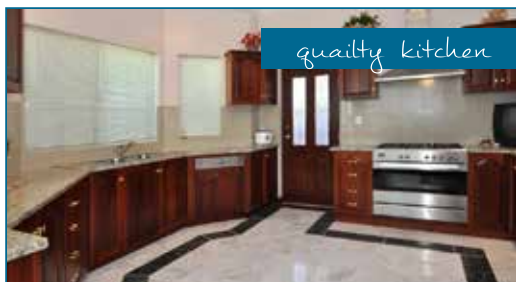
On entry, the marble and polished porcelain tiles flow through to a truly grand home... elegant cornices, and sparkling chandeliers set in ceiling roses that set the scene. Five extraordinary large bedrooms and four bathrooms – two of which have spas. Two lounge rooms, two family rooms and a kitchen on each level.



spectacular views

The main kitchen oozes quality – solid Jarrah timber cupboards, granite benches, Euro stainless steel appliances, with a gas cook top and electric oven. Most rooms have a minimum of two windows, creating an abundance natural light. Ceilings are 3m high on the ground floor and 2.8m on the upper level.

Both levels open out onto large entertaining areas, with superb views of the bird life in the marina. Fully landscaped grounds, complete with a jetty upgrade on a 25m north facing waterfront. This home will appeal to a large family who loves to entertain and who appreciate the finer things in life...no expense has been spared. Total home area 612.5m². Land area 1170m²



quality kitchen

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**HOLIDAY
RENTAL**

Bradford Shores 2 Bradford Road GOOLWA BEACH

Take a deep breath and relax... the location and views don't get any better than this! This truly magnificent home is split over four striking levels and is perfectly nestled amongst the sand dunes which allows for panoramic sea views and embracing nature. Located adjacent to the walkway through to spectacular Goolwa Beach, yet close to the town centre, quaint cafes and all amenities, this super-modern home offers style and multiple spacious entertaining areas. The four levels help to maximise the sea views, northerly light and provides separate sleeping and entertainment areas.



ocean at your doorstep

Featuring two master bedrooms – each with an ensuite featuring double showers – a third double bedroom, a bedroom with three bunk beds, a bedroom with two bunk beds, 2 large living areas and 4 quality bathrooms, this property is large enough for 2-3 families, yet has enough flexibility to enjoy your privacy. Enjoy meals at the large dining table upstairs (seats up to 12) or alfresco dining at either the upstairs balcony where – with privacy – appreciate the tranquility and natural beauty of sand dunes and uninterrupted sea views, or the covered rear or lower deck areas.

The details

Sorry, no pets. 5 Bedrooms – Sleeps 16. Queen x 3, King single bunks x 4, Bunks x 1. Quilts with covers and pillows provided. Tenants to bring sheets, pillow cases, towels & tea towels.

Facilities

This holiday home is super-equipped with modern, quality fittings including a large plasma TV (one 3D), Blue-ray DVD player and quality sound systems for each of the entertaining areas, separate airconditioning for each room, bedroom ceiling fans, dishwasher, microwave, oven, two large fridges, one with icemaker, pool table, outdoor settings, BBQ, laundry with washing machine and dryer, two instantaneous gas hot water systems, security system, lawn area, a two car lock-up garage and ample room for parking.



Rates

\$500	per night (min 2 nights)
\$470	per night (min 3 nights)
\$1500	Long weekend (min 3 nights @ 2 night rate)
\$3500	Peak – Christmas / New Year week
\$3350	Christmas holidays (Mid-Dec – end-Jan & Easter) – per week
\$3000	Easter weekend (5 nights)
\$2300	School holidays / shoulder – per week
\$1850	Off-peak (April-Oct) – per week
\$800	Security bond
\$150	Compulsory cleaning fee

Signs of hope for our hospital

Kate Ellison and her equally amazing friends who form the South Coast District Hospital Auxiliary Incorporated Foundation occasionally sit in shopping malls with what she calls 'begging tins' from nine o'clock sharp til late afternoon.

"The people are incredibly kind," she says. There is no raffle prize; shoppers just see the charitable sign and donate.

There are also those who deliberately go toward them to make the point they wouldn't make a donation because "it's the government's responsibility". Others in Goolwa, where Kate lives, decline to support a hospital in Victor Harbor. It's a tribal thing.

Kate, who is president of the auxiliary, tries to explain that in an ideal world the government of the day would pay for all of our health care, our children's education, the police to protect us and the whole box and dice, but, of course, we don't live in an ideal world.

"The reality is that the money is just not there," Kate said. "We are not selling as many houses so they are not getting as much same stamp duty, and there is this, that and the other. The money has got to be spread across the board, so if we can help pick up that shortfall then the chances of keeping our hospital are greater.

"I cannot stress the word 'our' enough; it's our hospital serving the south coast and the region. It serves us here in Goolwa as much as it does Victor Harbor people. In fact, percentage wise, well over 50 per cent are Goolwa patients. It is not primarily Victor Harbor and secondary everyone else."

And when you go beyond the local parochialism, and consider that the North Terrace city powerbrokers wanted to shut down Keith's hospital 225km away and left the South Coast District Hospital alone because it was so well resourced or equipped through community support, you start to sense the impact this not-for-profit group has had on our widespread community has been incredible.

And now absorb the fact the Auxiliary is currently in its 85th year, and one of its most dedicated and equally active volunteers, Ruve Brookman, was seven when it was formed.

"I have really enjoyed every moment, especially the friendships I have made, being part of the



Amazing volunteers and life members of the South Coast District Hospital Auxiliary (from left) Ruve Brookman and Rosemary Warwick, and current president Kate Ellison in front of the mosaic of Hope made by students from a special needs class at the Victor Harbor High School.

Auxiliary," Mrs Brookman said. "I guess being the wife of a doctor at the time it was expected of me to join, but I have no regrets.

"The Auxiliary has achieved some wonderful results for our hospital which is for communities across the Fleurieu Peninsula."

Mrs Brookman's husband, Ben, was a doctor in Victor Harbor practising in Carrikalinga House, which he later donated to the community.

Like Mrs Brookman, Rosemary Warwick, 84, is a life member of the Auxiliary, and can remember "the old days" when times were tough.

In 1954 Mrs Warwick was the first physiotherapist in Victor Harbor, and specialised in the hospital from 1960.

Subscriptions to the auxiliary were a shilling when it started in 1930, and under its charter

members were expected to do mending for the hospital, make new garments and jam. Sewing was a priority – toilet mats, cosies, theatre gowns and pyjamas – and remained so until 1961 when the Auxiliary's sole function was fundraising for the hospital.

The constitution deems that the group charges for a membership – currently \$5 – and Kate explained the fee is low because the members who do all the work. Even at the monthly meetings they usually have a trading table and the members are expected to pay for the ingredients to bake a cake, make a pot of jam or whatever and buy something that someone else made. That means membership is incredibly expensive.

Continued P7



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From P6

Kate said it was only seven years ago that the Auxiliary could not get enough members to a meeting, but now it has trouble finding enough chairs for everyone.

"We all do it because we believe in what our hospital does for our community across the south coast," Kate said. "It's not about me or any other member; it's about community pride that comes with having our own hospital, something that, for whatever reason, we all believe that we may need one day.

"What an important hospital this is. We want to keep it as well-equipped as we can, remembering over the past few years the government has tried to close down the smaller hospitals. I don't mean that as a political statement; it has just made us even more aware that we don't want to have to go to Adelaide for every treatment.

"This past year we raised \$100,000, thanks largely to a large bequeath, meaning we have been able to purchase a lot more. We are totally dependent on bequests and public donations, and the beauty of our constitution and our foundation status is that the money coming to us goes to the South Coast District Hospital.

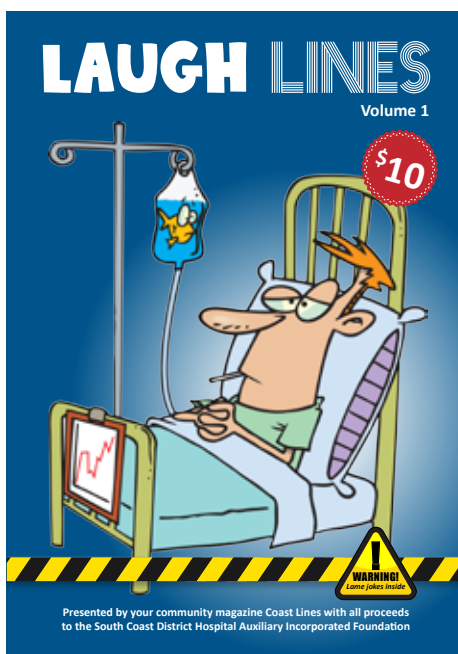
"If the money goes directly to the hospital it is passed on to Health SA which puts it in the government coffers, and it can take months to come back."

Kate declined to comment on whether all of the money found its way back to our hospital, but naturally guarantees that any money that came through the Auxiliary went to the hospital.

The evidence is seen in the emergency centre, and the chemotherapy unit established last year with six beds. It may not sound many, but it has saved residents along the south coast an incredible number of trips to Adelaide. This non-stop working unit cannot help every cancer challenger because it can only focus on specific treatments, but maybe one day...

Walk into the day surgery clinic and main theatres and the Auxiliary has bought all of the sterilising equipment, including a drying cabinet costing \$24,000 in 2011, and over the past year two sterilising units that are not exactly your every-day dishwashers; bar coding every item to determine what instrument was used on any given day.

Kate senses the goodness in every-day people



Look for our book *Laugh Lines* with all proceeds to the South Coast District Hospital Auxiliary. Visit: www.coastlines.com.au

yet is ever surprised by the overwhelming support from groups like the Victor Harbor and Port Elliot Lions Club,. However, you can also see signs of concern in her eyes.

Like so many wonderful organisations, the South Coast District Hospital Auxiliary members are not getting younger. They number 30, but only 15 remain active. Most are aged in their eighties; sadly, many of the women have lost their husbands so there are fewer to put the trestles up at the cake stalls. Kate wonders whether there is a new breed of volunteers around the corner.

Yet, in the next breath she tells a remarkable story of a group of 10 kids with special needs from the Victor Harbor High School who seized an opportunity to help the hospital by working a small section of garden outside the chemotherapy department.

"These students have perhaps faced more challenges in life than most, yet they absolutely

embraced what this work was all about and devoted themselves to this garden," Kate said.

"A teacher said at the end of the day they were mentoring other kids on gardening, and the skills they have learnt have encouraged them to look at getting job in this field. They are also going to revamp another garden that all the patients will see.

"The students took it upon themselves to make four letters from mosaics; it read HOPE. Their work is beautiful. It's no longer called the chemo gardens; it's the Garden of Hope. It's not just an area for the patients and staff; it represents an achievement by the kids.

"It became a wonderful community project because businesses came on board with donations of goods or things at cost price.

"Through my involvement with the hospital I have seen the best in people, and I feel so good.

"I went to my first Auxiliary meeting in 2008 and became vice-president at my second. In my second year I became president, and I have loved every moment what the South Coast District Hospital Auxiliary has done for me.

"The personal rewards are very special. You can walk down any street in any town and feel that you have helped the person or one of their family members in no small way.

"The Auxiliary is about a wonderful group of people who care for their community. Some meet socially. There is a group that plays tennis, and another from the Women's and Children's Hospital that has card evenings.

"We are a group that has played its part in helping people in our community live a long life and in the process we have become life-long friends."

Come Thursday, October 9, you will find this loyal band of friends of our hospital selling plants and a few cakes to raise some more hospital-saving funds. They're having a quiz night at the Victor Harbor Golf Club on Saturday, November 1, and look out for the next fashion parade. Please support them.

It is unlikely anyone will change the minds of those who believe the government should be raising this money, and the hospital doesn't have anything to do with those who live in Goolwa, but we hope they are a minority. You may one day find them complaining there are only six beds in the chemo room. **CL**



Trees For Life

Bushcare's Major Day Out 2014

Sunday 14 September

Walter Newell Reserve Open Day, Goolwa Beach



ALEXANDRINA

Take part in a **free guided walk of Walter Newell Reserve**, and give some basic bush-care skills a try.

Afternoon tea provided by local volunteers. All tools and equipment supplied by Trees For Life.

Walks at **1:30pm, 2:30pm and 3:30pm**. Meet at the end of Sexton Avenue, Goolwa Beach.

Alexandrina Council's draft Vegetation Management Plan for Walter Newell Reserve will be on display for consultation.

Be part of a nation-wide day of action for the bush

To register call 8406 0500 or email info@treesforlife.org.au. www.bushcaresmajordayout.org

There's no business like Port Elliot show business

The magicians are placing rabbits in the hats, the dogs are barking and the motorcyclists are perfecting their amazing new feats. Even the clown pictured right is laughing. It must be time for the Port Elliot Show on October 11-12.

But beyond all of the spectacular events, side shows and the colour and glamour that the show presents, it is once again a fabulous reminder of our history. The fact this is the 137th Port Elliot Show, proudly put together by volunteers representing the Southern Agricultural Society Inc., is an astonishing effort.

Regrettably, some country shows have faded over the years, but our Port Elliot feature event is regarded by many as one of the best agricultural society shows outside of the Royal Adelaide Show and this year's two-day event will be even better.

It is being promoted by the Society as a wonderful family and friends event featuring anything "from magicians with magic tricks to funny clowns, cuddly animals and slimy reptiles... great live music, dancing, demonstrations, show rides, and pavilions and trade sites filled with all sorts of goodies to keep all ages entertained all day long".

There will three magic shows both days featuring Steve Presto and a special appearance of Wobbles the clown appearing on the Sunday, while the highly entertaining – and clever – Whip Motorcycles team will give us some thrills

on the Sunday with their "breathtaking motor bike stunts".

The Society's media release also spoke of the local and talented acts including breakdancers *Suspended Styles* and *Fortuna Dance* with its variety of dance styles, plus the Encounter Lutheran College choir and other great live music from favourites including the Goolwa Concert & Victor Harbor City bands, *Tarnicky Rock*, *One Eyed Kats*, and guest musicians.

There is the All Breeds Championship Dog Show, and Middleton dog obedience demonstrations, while the animal farm and native reptiles will keep the children busy. Then we have horses in action, and antique machinery and cars on display.

But again, what the Society's media release didn't mention was its own achievements over 137 years and the incredible commitment to the community by the volunteers to bring us the October 11-12 show. That itself is a hard act to follow for the magicians and the clowns, yet they will provide us with some outstanding entertainment.

Let's support our local show, and look for one of these amazing volunteers and say "thanks" starting with Southern Agricultural Society president Steve Rogers, vice-presidents Patsy



Greer and Sue Thomas, secretary Gayle Garrett and other equally hard-working committee members Rosie and Doug Giles, Nola Schulz, Jacqueline Stam, Jim Harding, Michael Scott, Bruce Clayson, Deane Perry, Kate Overall, and Corey Dodd.

Visit: www.portelliotshow.com.au

It's show time at Yankalilla too



Yankalilla is also set for another huge show on Saturday, October 4 – the long weekend. And some of the most feverish action will be in the lead-up with the show hosting state competitions for scones, rich fruit cake and genoa cakes.

And like the Port Elliot Show, this extremely popular event, which comes under the umbrella of the Yankalilla, Rapid Bay and Myponga Show at the Yankalilla Showgrounds on the main South Road, it is a reflection of the dedication of some outstanding volunteers. Among the attractions at this year's Yankalilla Show will be horses in action – hacks, harness and showjumping – whipcracking demonstrations, stunt bike riding demonstrations and a shearing demonstration, plus, of course all the show specials like sideshows and rides, handcraft displays, art and produce. And who could forget the \$50 prize offered in the tea cosy competition.

No. 58 Cellar Door & Gallery



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Southern Fleurieu 2013 & 2014

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Until September 28

Sally Walker-Brown of McLaren Vale and Suzanne Laslett of Port Noarlunga enjoy telling stories with their photographs.

Their exhibition *Stories from Near and Far* is part of the 2014 Shimmer Photographic Biennale at Oxenberry Farm Wines and Café at McLaren Vale.

They are amongst 40 photographers who will be showing their work in 32 venues throughout the City of Onkaparinga during the festival.

Both women have had careers as media photographers in Queensland, South Australia and NSW, spanning several decades, picking up several awards for their work along the way.

Sally has also worked as a darkroom technician and lecturer in photography. Both women have exhibited extensively at galleries in South Australia and the eastern states.

Stories from Near and Far features images from the local area as well as Melbourne, Sydney, Adelaide and regional Victoria, welcoming the viewer to experience humour, provoking thought or silent commentary. Suzanne is also included in the Atkins Adelaide Photographic Artists' exhibition, *Light* at Red Poles, McLaren Vale.

A City of Onkaparinga event, this month-long photography festival will showcase events, exhibitions and workshops, featuring work by emerging and established photographers from around South Australia and interstate. Most of the exhibitions will be held in non-traditional spaces such as cafes and wineries throughout the council area.

The Arts Centre will be the event hub with exhibitions, presentations and talks by high-profile photographers Robert McFarlane, Jacqui Dean, Gary Cockburn, Milton Wordley and Deborah Poauwe. American photographer, Tom Bol, will be artist in residence at Red Poles. Other highlights include the auction of a photograph donated by Robert McFarlane, a photographic market, bus trips to different venues plus a wide range of workshops.

Visit www.onkaparingacit.com/shimmer

September 5-7

The Yankalilla Acoustic Music Group will present its third annual Wirrina Bluegrass & Acoustic Roots Festival at Wirrina Resort. Enquiries: info@wirrinabluegrass.com

Go. See.

Free for community groups & clubs, etc.

Presented by Goolwa & District Community Bendigo Bank

info@coastlines.com.au

Thought for the Month...

Youth is like a long weekend on the Friday night. Middle age is like a long weekend on the Monday afternoon.

September 6 & 13

The Black Faced Shag at South Coast Regional Arts Centre, Goolwa. Performance by Michelle Murray in collaboration with Richard Hodges and Jerra Hill. In 1853 a lone woman wearing a dress entirely of cormorant feathers, is rescued from an island of the south coast of South Australia. How did she get there? What becomes of her? All tickets \$20. Contact 1300.

Saturday, September 13

Oxfam Australia presents a gala charity supper dance featuring Deja Vu Singers at the Recreation Centre, Victor Harbor from 7.30pm. BYO supper and drinks. Tickets \$15 available at Butler & Butler Insurances, Coral St, Victor Harbor, and Swan's Harbor Pharmacy, Victoria St, Victor Harbor, or at the door.

Sunday, September 21

The Deep Creek Conservation Park will hold a family fun day - 150 Tapanappa Road, Deep Creek. Activities and displays from 11am-2pm. Free all day. Visit: parks.sa.gov.au

Wednesday, October 1

Here's another chance to get your boat/jet ski or marine licence at the Victor Harbor Primary School, The Parkway, Victor Harbor from 6.30pm. Cost is \$35; limited seats so book. Contact: 8552 4833 (bh), 8554 3333 (ah) or 0418 890 948.

Continued P10



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Sunday, September 21

One of Australia's oldest grazing properties, Chowilla Station near Renmark celebrates 150 years this year and the Robertson family are opening their gates to commemorate this milestone event.

Special events will be conducted at Chowilla on Sunday, September 21 with a flotilla of paddle steamers and wooden boats on display including the PS Industry from Renmark, P.S. Oscar W from Goolwa, P.S. Marion from Mannum and the P.S. Ruby will make its way from Wentworth NSW.

One hour paddler steamer cruises will be offered as well as guided station bus tours, sheep shearing in the historic woolshed, live entertainment and much more.

Entry is just a gold coin donation and proceeds from the event will go towards participating not for profit organisations.

Contact: Renmark Visitor Information Centre on 1300 661 704. Visit www.chowilla.com.au

Image below: A car crossing the Chowilla Bridge.



and exciting new performers for this year's event," festival organiser Peter Thornton said. "While the festival is growing, we've managed to keep a real local and friendly flavour to the event that encourages audience participation. We've added to our children's program so there will be something for everyone in the family."

Interstate acts include The Go Set (Vic), Senor Cabrales (NSW), the Stetson Family (Vic), the Blue Mosquitoes (Tas), Rhiannon and Monique (QLD), Barry Skipsey (NT) and Junior Bowles (WA). Eric Bogle leads a strong local list including The Timbers, Cal Williams Jr, Goldstein, Country Express, Halfway to Forth, Jay Hoad and Yellow Blue Bus.

Thousands of people attended the Fleurieu Folk Festival last year for a weekend packed with music concerts and sessions, dance, workshops, bush poets, children's entertainment and stalls. Ticket prices start at \$15 and only \$45 for a weekend pass with children U15 free when accompanied by an adult. Tickets available online at Dramatix.

Visit: www.fleurieufolkfestival.com.au

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.

Willunga: Farmer's Market first Saturday of the month on McLaren Vale Road.

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.

October 26-28

From renowned songwriter Eric Bogle to Victorian folk punk outfit *The Go Set* (pictured) – every taste is catered for at this year's Fleurieu Folk Festival. More than 60 acts from across Australia have been named in the line-up for South Australia's premier folk festival covering a program of roots, folk, celtic, bluegrass, acoustic and blues music.

Festival organisers received more than 250 performer applications for the popular family friendly event to be held at Willunga on October 26-28.

"We've included a great mix of festival favourites




Help needed

The South Australian Whale Centre needs some volunteers to handle the overload in its customer service and reception area, and with education programs.

Linda Hodgskin (pictured left) is one of 26 volunteers currently at the centre, and says she loves every moment - especially the communication with visitors and other volunteers.

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This sporting life

Victor Harbor GREAT SOUTHERN NETBALL ASSOCIATION

Oh hum. Victor Harbor is in another Great South Netball Association grand final, at McLaren Vale on Saturday week, and we can hear the murmurings from the masses that enough is enough; let somebody else win.

This makes it six successive grand finals. Amazingly, the girls have won 117 of their past 119 matches, which may be the most incredible current run around the asphalt courts across the state.

But while some may call for change, their coach Pauline Edwards reminds us the two losses were pretty big ones – the 2009 and '12 grand finals. She recalls feeling as if every spectator in the association lined the court cheering against them in that 2012 final, and walking away thinking what had her team done to deserve the treatment.

Pauline now feels that experience made her take a step back and realise it was just the Aussie thing; supporting the under-dog, and she leaves no doubt that the GSNA A-grade coaches, and she is near certain their players too, are unreservedly good sports, which is an enormous compliment to the association.

"I think the sportsmanship comes with being successful for so long, and the fact we still respect the opposition every time they play them," Pauline said. "We never take a game as if it's a walk in the park. We don't mess around with our team in regard to placements and changes or anything like that. "The simple fact is, we are not disrespectful to clubs that have struggled because we have been in that position ourselves. We have gone through the hard times. It is easy for any club to forget where it has come from and get a bit cocky when it wins, but I have always drummed into our players they need to be respectful.

"The big wheel turns, you know. You only need one good player to come into a town and you start building a team around her. Others want to join the team because it is getting better.



On a mission... the Victor Harbor netball team. Top from left: Renee Moon, Kate Jennings, Di Johns, Jenny Kairl (manager), Sarah White. Bottom from left: Sally Fuller, Pauline Edwards, Alicia Montgomerie, Emma Gryczewski.

"Look at Shane Nethercott, who played all of her netball at Langhorne Creek and then joined Strathalbyn. Just one girl has made a big difference, and the next year we can expect Strath to build on that again and be that much harder to beat. That's basically what happened to us; there has never been a big secret to the success we have had so far; we just got the right players at the right time and we built a team around that.

"I am very proud of the girls; they are a wonderful bunch. They are good friends, and they are great for the club too. They are very club minded and across all the leagues in the state that is not always the case. They would not have lasted that long either if they weren't club minded. These girls love country netball."

Pauline has coached Victor Harbor for eight seasons, and admitted in recent years there was the occasional thought whether it was time to move on.

"I have been at Victor for a long time now, coaching the A-grade and you would think they would need something fresh by now, but these girls make me stay," Pauline said.

"There have been different combinations, but there has been a core group. Some have come and gone and come back again with babies. Now they come as a family and everyone looks after the little ones.

"The other thing that has become special about it all is that the girls probably won't continue for too much longer.

"After so long they are not any younger either. Alicia and Di are the only ones who have stayed on this journey the whole time. There are only two mums in the team – Emma and Sarah – and others have changed for whatever reason."

Pauline is obviously thrilled to be in the grand final – against the winner of Saturday's preliminary final between Strathalbyn and Myponga at Encounter Bay – but

again looks to 2009 and '12 and reminds herself no final is easy.

The message to her players will be simple; enjoy the moment. "I tell them that all the time," Pauline said.

"It is a special group they belong to. It's like all good teams; it's special and not everyone gets that opportunity. They are all mates and it's an amazing combination, but it won't be there forever. They need to enjoy every moment."

Continued P12: The South Coast Hockey Association

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This sporting life

Victor Harbor Hockey Club

SOUTH COAST HOCKEY ASSOCIATION

Australia has enjoyed phenomenal success in both men's and women's hockey at Olympic Games and World Cup level, and after winning gold medals at the recent Glasgow Commonwealth Games we thought there might be fans waiving their sticks at the Victor Harbor club's fields by the roundabout at the end of Ring Road.

But no, not even a good 'ol hockey one, hockey two routine. The reality is, most people walking down Ocean Street may not know the nickname of Australia's men's and women's teams, let alone their captains.

Our local hockey is also playing its finals this month, and the Victor Harbor Hockey Club is in a good position to take both the men's and women's titles. However, more than anything club president Liz Richter (pictured) hopes Australia's recent hockey gold medal haul encourages someone new to the game to come out and have a look and watch the best sides on



the day win whoever they made be.

"As a hockey person it frustrates me a lot that our sport does not get as much coverage as the traditional winter sports," Liz said. "We have been winning gold medals for a lot of years. We have always had good hockey teams in Australia, and I don't know why hockey is not better promoted as a result."

"If other sports were as successful at world level as hockey I am sure there would have been a huge increase in participation numbers. A lot of people think hockey is dangerous, but it's not because it is umpired well. There are actually few injuries."

Our South Coast Hockey Association has only four clubs – Aldinga Bay, Goolwa, Victor Harbor and Yankalilla – but between them there are 32 teams from under 13s under 16s, and men's and women's seniors – plus the skills development Minkey program for children aged 5-8. And the great thing, from a parent's point of view who may run from here and there dropping off their son at one place and their daughter at another, the hockey junior teams are mixed.

"We have teenage girls who are as good and perhaps have better skills at this stage as some of the boys out here," Liz said. "Honestly, we don't have that drama out here about girls versus boys."

"I think the mixed competition scares some girls, but there is certainly no need. In hockey, size does not matter; the biggest kids aren't necessarily the best."

"Hockey is a skilful game. It is quite technical, and I like that. There is a lot of running as well. To me, the biggest thing is that it is a good team game and I really enjoy playing with the team."

"I have played it since I was in Ascot Park Primary school as an eight-year-old kid. My dad

(the late Colin Harding) was a hockey player, manager and coach of state teams, and an Australian tournament director."

Rest assured, Colin would be proud of his granddaughter Madison, 14, playing hockey for the juniors in the morning and alongside her mum in the seniors in the afternoon, and four-year-old Billy having a good hit with his hockey stick in the family backyard – just as he would be of Ella, 11, who plays netball.

The Victor Harbor club probably gives its sponsors bigger coverage than most with their signs splattered along the fencing by the roundabout at the end of Ring Road, by the Encounter Bay Football Club.

The club teas after home games are not to be missed, especially the yiros and pasta nights. You are welcome. You're also invited to watch the semi-finals at Goolwa Oval on Saturday, the preliminary finals at Yankalilla on September 13, and the grand finals at the Victor Harbor fields on Saturday, September 20.

Visit the association's website: www.southcoasthockey.org.au

And for the record, our Commonwealth Games hockey women changed their uniform from shorts and T-shirts to sexier hugging outfits much like our netballers to add a bit more appeal to the image of the game. For some, the skill of the game is not enough.

Anyway, time is up: the names and captains of Australia's men's and women's hockey teams? Mark Knowles is captain of the Kookaburras and Madonna Blyth is captain of our Hockeyroos. Being great Aussie sports fans, we all knew that.

Continued P13: Great Southern Football League

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From P11

This sporting life

Willunga Football Club

GREAT SOUTHERN FOOTBALL LEAGUE

They were only under 12, but the lads sang and cheered their hearts out after beating Goolwa-Port Elliot in then GSFL Mini Colt Carnival at Victor Harbor Oval early Sunday morning while the rest of the town slept. It wasn't just the way they won, but how the sportsmanlike manner in which they handled the 19-point victory with coach Darren Austin

encouraging his players and later acknowledging the great effort in defeat by the Magpies. Meanwhile, the GSFL A-grade finals series got hotter with Goolwa-Port Elliot, in its first finals appearance in 10 years, crunching Willunga by 54 points in the elimination final, to earn the right to play Strathalbyn in the first semi-final at Yankalilla on Sunday. Langhorne Creek caused an upset by beating Strathalbyn by seven points in the qualifying final, with the Hawks now taking on minor premier Encounter Bay in the second semi-final at Strathalbyn on Saturday. The preliminary final will be played at Willunga on Saturday, September 13, and the grand final at Myponga the following Saturday. It has already been big September for Encounter Bay, the reigning premier, with Rigby Barnes

winning the A-grade best & fairest medal and Tom Bloomfield the B-grade medal. The Eagles also won the GSFL Shield for being the best-performed club over the four grades. McLaren's Jordan Mutton won the A-grade goalkicking award with 65 goals, and Willunga's Dale Anderson claiming the reserves award with 64. However, along this journey to the third Saturday it is difficult to imagine any of the remaining hopefuls in the four grades singing their club song with more gusto than the under-12 Willunga lads did in the changerooms after winning last Sunday morning. That's what premierships are about; no matter the grade the winners sing as hard as they just played. **CL**

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Willunga

Willunga is proudly celebrating its 175th anniversary, and we discover traces of history from the slate mines and stunning architecture, plus the town's remarkable adventurous spirit. According to Deborah Tucker, it adds to the challenge as principal of a real estate agency; few ever want to leave this place. It's not surprising.



Australia has prided itself as a sporting nation, and the spirit of a country town has often been measured by its football club since the days the lads wore long pants on the field and laced up their guernseys. They spawn characters and men with character. Within the hallowed walls of the Willunga Football Club, the mighty Demons, you see names of club greats like Hendrick "Taffy" Waye, who also drove his horse and cart to town and won a Magarey Medal at Sturt in 1903, Maurice "Spog" Corbett, and even a trainer, William "Chum" Reed.

Follow the names at this club – formed in 1874

and recognised as the second-oldest continuous football club in South Australia behind Port Adelaide – and you see their descendents playing today, as you do from many other old names including George Edwards, Ross Martin and the McDonald brothers.

Deborah Tucker, whose family moved here in 1973, and is highly regarded as a principal in real estate, said it was rare in Australia to have so many five or six generations remaining in a town, let alone a club.

"Willunga is not just a footy club; it is a support mechanism for the town, and a reflection of what we are all about."

The heritage lines can also be seen in traces in the Old Bush Inn, regarded as the second-oldest licensed hotel in the state, plus the once vibrant slate mines – the first established in South Australia – in 1840 by Welsh and Cornish pioneers. After Melbourne's Lord Mayor Robert Doyle claimed a few years ago that Adelaide had "so little going for it that it should be shut down", it could be said that Willunga's only mistake in its marvelous 175-year history was providing not heavy enough slate for the Melbourne Town Hall roof.

Continued P15

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Willunga is a short distance from the spectacular beaches at Aldinga, and 5km to McLaren Vale linked by magnificent vineyards and a bike trail. It is one of the few places with an 18-hole golf course walking distance from the heart of the town. The town also has four churches and three hotels. Established in 1840, Willunga has a population of 2416 based on the 2011 census.

Above left: The old police station stables. Above right: The tree-lined road to McLaren Vale. Right: The Show Hall, built in 1890, and also the home of Cinemallunga. Far right: St Anne's Cottage.



From P14

Brushing this aside, Willunga has done so much right. Unlike most towns also bypassed by highways, it has since prospered. It hasn't been ruined by appalling development because the council has forbidden any chance of housing one day linking it to nearby McLaren Flat and McLaren Vale, and the charming buildings along slate pathways have been amazingly presented and protected by a diligent local National Trust team.

There is St Anne's Lodge (circa 1850), a private home with slate roofing and flooring in the heart of the town, and Evelyn Cottage, named after Captain Sturt's brother, Evelyn Pitfield Shirley Sturt, built on Aldinga Road in the 1830s. "People still hold on to this heritage," Deborah said. "It is almost a transition of generic pride. It was adventurous types who came here to cut the slate, and it has attracted adventurous, creative types ever since.

"One of the quirky aspects of this town is that Gerry Keyte, who designed seats in the main street with some facing away from the road

so we could sit there and marvel at the old buildings."

The vision in town planning was innovative with builder Ian Collett, now retired, selling smaller than traditional-sized blocks along with the expectation to part-own and work nearly three acres of a shared veggie patch, and insisting on energy efficient homes. It was called Willunga Garden Village, and this was almost 30 years ago, long before low emission became fashionable.

However, the real beauty of Willunga lay in the fact it is just as much a town that lives for the day, and is still made up of people with that amazing spirit, indeed character and creativity. And, for the record, the footy club is still doing fine with the entire recreation and sporting complex, which also accommodates netball, cricket, basketball, tennis, table tennis, plus a RSL sub-branch, the CWA ladies and the Girl Guides under the umbrella of the Willunga Recreation Park.

Amazingly, this complex is owned by the

community and ran by local volunteers and not totally reliant on councils as per nearly every other town in this state. The more physically demanding working bees are all blood, sweat and beers – dare we suggest a lot of them – from which fiction becomes fact and legends are born.

Moss Hancock, a life member of the Willunga Recreation Park with more than 30 years involvement, and sits on the executive with seven other much-appreciated volunteers plus club representatives, describes this community asset that was established 140 years ago as unique. "It brings us all together," he says.

In front on the park on the main stretch is the Show Hall, built in 1890, which also acts as the town's picture theatre – Cinemallunga.

Again, it's owned by the community with Brian Dempsey, secretary-treasurer of the Park complex, among the volunteers leading a revival for pictures in the hall while, sadly, other country towns have let their theatre ride into their sunset with a John Wayne classic.

Continued P16



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Slate past the Willunga Slate mine

From P15

The hall was given a new roof less than two months ago – predominantly local slate, of course – but most of all love and care from townspeople. Upstairs you will discover the old 235mm projectors; it's like a museum.

"I am passionate about the whole hall and pictures situation," Brian said. "I have a vision of bringing the community together even more. The cinema has been an outstanding success; everyone in the town loves it.

"I see this as a model for any village with a couple of thousand people that have an historic hall. We have shown a mix of popular films. People dress up, we have live music and encourage local performers. Talented people have also made films about their town and put them on uTube, and they're really funny.

"We've also engaged the local kids to make their own films."

Deborah described some of the local film gems as fanciful myth in the making and some factual, but definitely all wonderful and an amazingly positive reflection of what Willunga is all about. "They are building another library about our town," Deborah said.

"There is now a new generation of creative people, and much of this stems from the Willunga Waldorf School where young children are encouraged to make things. We are also proud of the outstanding performances from our great state schools."

Deborah didn't hold back with her love and pride for Willunga, including the "magic street names" like St Peters, St Andrews, St Georges and St Judes. "All very British," she says.

But most of all, Deborah is like most people in this town; she rates it special because of its markets – the Willunga Farmers' Market every Saturday morning, the monthly Quarry Market, which has been selling plants, homemade produces, old shed tools and what not for 40 years, and the Willunga Artisans' Market with the creative element coming out again with things like handmade jewelry, clothing and artwork. The Lions Auction is an institute; cars line up for miles, while the CWA teas, cakes and craft stalls are something not to be missed.

However, it's the Farmers' Market that has placed Willunga on the national tourism trail having been rated as Australia's Best Farmers' Market in 2008. These delightful mornings with hundreds lining the stalls have long been a tourism winner, just as the incredibly-cruel 3km journey up Willunga Hill has drawn television viewers watching cyclists in a leg of the Tour

Down Under being consumed by pain.

Phil Liggett, the great cycling commentator, once quipped that the riders didn't have time to smell the roses, but they should have for Willunga has the perfect micro-climate for growing them, plus almonds and grapes. It is another tourism drawcard, and the home for one of Australia's best-known producers, Ross Roses.

According to Deborah, people come to Willunga just to smell the roses in the main street. It often leads to a phone call to her Raine & Horne office asking whether she has a cottage on an acre with trees and a flowing creek available, but of course these properties are rare. There is a low turn-around in housing in Willunga because no one wants to leave; why would you?

The median house price has gone from \$150K in 2000 to \$476K. "Even a humble house is expensive compared with median prices in the City of Onkaparinga," Deborah said. "There is hardly any vacant land.

"Very few people leave Willunga so the sales are low, but the value of properties that do sell is high."

People who make those early Monday morning calls to Deborah about their idyllic spot generally find something else they love, but it's the character of the town's people that ultimately always wins them over.

"There is this traditional mixture of footy, netball, cricket and basketball 'local yokels' along with cerebral, cultural challenging people, and we all live together incredibly harmoniously," Deborah said. "It never ceases to amaze me."

It may also surprise outsiders that Charles Arthur, who passed away 21 years ago, is still regarded as one of Willunga's best-known and most-loved characters. He wasn't an artist of note, from the wine industry – and they produce some amazing wine here – a philanthropist or even a football great.

One of his best mates, Rob "Barty" Bartel, spoke of how Charles was known for being at the footy oval working the scoreboard for the under 10s and remaining in darkness til the final siren of the main game.

"Charles was well known for loving a beer, alright, but the more he drank the more eloquent he spoke," Barty said. "But everyone saw past his faults, and we've all got them. We just saw a bloke who did so much for others without any fuss, like forever walking his dog Nero and picking up rubbish along the streets because he loved this town so much.

"He gave so many of us a laugh just when we needed it most. You got what you saw in this bloke; it's what he always thought about this town."

Barty, and his mates, had a special plaque made to put on Charles' gravesite on the 21st anniversary of his death next week. And some wonder why Willunga is special and no one wants to leave. "Yeah, I guess we're a caring bunch at heart," Barty said. "This is who we are." **CL**

Little aths coach receives big award



Those at the Mid Coast Little Athletics centre are jumping higher than normal with news that one of their centre coaches, Russell Brown, has been awarded the 2014 South Australian Volunteer Coach of the Year award at the recent South Australian Little Athletics State Conference.

The award aims to promote, encourage and reward quality Little Athletics Coaching, and is presented to an individual who, in the opinion of the board of directors has made the most significant contribution to Little Athletics within their community.

Mid Coast president, Darren Grigg said Russell's award was well deserved acknowledgement of the fantastic work that he had done for our centre and our athletes.

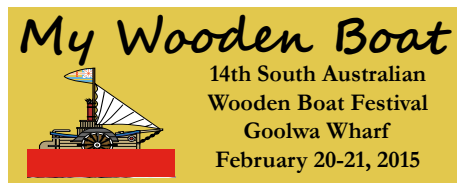
"Russell has freely volunteered his time and passed on his knowledge of the sport for the betterment of our athletes," Darren said.

Fellow Mid Coast coach, Sandy Minke said the fact Russell chooses to commit himself to young athletes is a testament to his selfless attitude.

"I have been involved with coaching since 1997 and in that time I have seen a lot of coaches, and Russell has the most natural 'coaching eye' and is an enormous asset to Mid Coast," Sandy said. "His knowledge and feel for the sport – influenced by his exceptional athletic career – could take him far beyond the boundaries of Little Athletics." Mid Coast Little Athletics caters for budding athletes from Tiny Tots (3-4 years) to 17 years, and fosters an environment for young people to develop basic skills in running, jumping and throwing, thus providing the basic skills for all sports. The Club also encourages the whole family to become involved, with an emphasis on family fun, fitness and personal improvement allowing children to strive to achieve their best, regardless of ability. For more information, including registration for the summer program, contact Darren or Sharon at midcoastlac@dodo.com.au or T: 8556 4486.

Pictured: Mid Coast LAC president, Darren Grigg (right), presenting Russell Brown with his Volunteer Coach of the Year award.

Twenty-plus men in a wooden boat shed



It was 25 years ago that the men of Armfield Slipway developed the first South Australian Wooden Boat Festival at Goolwa Wharf as a means of raising a few much-needed dollars to continue their priceless art of making and restoring wooden boats.

Now, as we prepare for the 14th biennial festival on February 21-22 – a major drawcard on our tourism calendar – these volunteers are still applying their incredible skills, indeed patience, making another wooden boat to be raffled with proceeds helping the festival.

The fundraising method may seem an ordinary exercise, but it really reaches the heart of what their green shed, which draws 20-plus proud men in the chill of the morning on the Murray River's edge, and the festival is really all about – every-day men discovering a passion for wooden boats and reminding us we cannot let this craft fade.

Armfield member Bob Jennings, an international motoring writer of note, said the festival was a wonderful opportunity for families who may have never been close to a wooden boat to feel this sense of pride that goes into every craft.

"The Wooden Boat Festival is not just a wonderful festival for everyone to enjoy, it is a reminder for people that we are still making



The 11ft 6in Guillemot sailing dinghy being built at Armfield... (from left) Bob Jennings, Mike Duane, Clive Harris, Ted Beckett, Sandy Green, John Bradbury, and Curt Heinrich.

wooden boats today," Bob said.

"They will actually have the opportunity to come in here to the shed during the festival and see first-hand how we make and or restore wooden boats. It is not often that you get to see this ageless craft – one of the oldest in the world – in motion.

"It's the old tradition of wooden boats; it's our job to restore them, and keep the wooden maritime tradition going. It's always been a part of Goolwa, which is important for this town's history.

"We are currently building an 11ft 6in Guillemot sailing dinghy to raffle for the festival, and we are proud that the Goolwa Rowing Club has taken delivery of a new, 21ft sea-going rowing skiff built by volunteers at Armfield.

"The St Ayles Skiff, built to a world-wide design, is the first in South Australia and the first boat to be completed by Armfield Wooden Boats since it separated from the Alexandrina Council and became an incorporated body in February this year.

"The boat began as a demonstration project by the South Australian Wooden Boat Festival in conjunction with Robert Ayliffe's Stray Dog Boat Works – the distributor of the St Ayles skiff kits – and Armfield Slip.

"With the festival having become part of the Alexandrina Council it became the owner of the skiff and agreed for the Goolwa Rowing Club to be given custody of the craft. It is another example of sharing the passion for wooden boats."

Armfield chairman Garry Coombes said his group was about the restoration and maintenance of small wooden boats, and the craft, which had been so much a part of

the history of Goolwa and the lower Murray were built using traditional carvel and clinker construction.

"After restoration, the boats are returned to service as living reminders of a past boating era," Garry said. "In some cases relatively minor plank replacement is required, but often almost complete reconstruction is necessary.

"As well as woodworking skills, the restoration usually involves fitting and machining processes to restore and tune the small engines which are characteristic of the boats of the particular era. "As important as the restored boats themselves is the passing on of the traditional skills and the use of hand tools which was characteristic of early boat building operations. Volunteers with experience in shipwrighting, cabinet making, woodworking and marine engine fitting and maintenance share their skills and knowledge with other volunteers. Thus skills which could well die out, are preserved.

"Another segment of Armfield operation is the making of small wooden boats using modern materials such as marine ply and epoxy resin glues. Our Guillemot sailing dinghy, which we raffle in conjunction with the Wooden Boat Festival is an example."

Obviously, it is not just a raffle with a boat as a prize. It is a taste of magnificent tradition at Goolwa, all captured during the South Australian Wooden Boat Festival.

The South Australian Wooden Boat Festival is a significant Alexandrina Council event, and it has engaged the professional event services of jennie bell ink to plan and conduct the 2015 event on its behalf.



The St Ayles Skiff, build at Armfield, is launched as the Goolwa Rowing Club takes custody of this superb craft.

Our 'Rubbish Lady' working in a 60 zone

It was a typical morning for Maureen Hatch last Sunday; riding the waves at six o'clock at The Point, Middleton, and later picking up rubbish along the local streets. It was special because it was her 60th birthday.

There are many outstanding people in our communities across the Fleurieu Peninsula when it comes to volunteering, but Maureen, known to many affectionately as the "Rubbish Lady", is remarkable, to say the least.

Most days for 28 years – twice as long as the Keep Australia Beautiful campaign began in Sydney – Maureen (pictured) has lived up to the much older ideals of the brilliant Keep South Australia Beautiful campaign people and done what every Australian should do – clean up our roads. She has never been asked to pick up the rubbish; she just does it without fuss.

"It's just something that I have always believed in since I was a kid," Maureen said. She asks for no reward, but appreciated the flowers presented to her by local bed & breakfast owners recently, and the occasional person stopping just to say "thanks" on behalf of everyone.

At times, the resolve has been tested wearing out four dogs who are now keeping heaven clean while Charlie the Jack Russell x Fox Terrier is now left at home because he believes anything that doesn't move needs sniffing.

"I've had people in cars throw rubbish at me as they have driven past, but they're a minority," Maureen said. "I can tell you the cigarette butts top the list, ahead of junk food rubbish, bottles and my pet hate, the tops off packets of nuts and lolly packets."

"I pick up rubbish that has not been tied properly on trailers, find hub-caps and broken glass. I'll never forget the day I found rubbish that had blown on to my front lawn, and after getting close taking a closer look and realising

it was a \$50 note.

"The local council is great because I will ring them up when there is big or heavy rubbish dumped by people in the back streets, and they do their best to get there as soon as possible. It shouldn't be up to the council; it's everyone's responsibility.

"I feel embarrassed by this attention; you know,

“

I feel privileged to live in such a beautiful place like Middleton and be able to surf every day, and picking up rubbish to make this place look even nicer is just my small way of saying thanks.

– Maureen Hatch, one of the great people in our community.

telling people what I do because it's not about seeking praise or whatever, but I must say I feel so good when children say thank you to me."

The local surfers think so much of Maureen too that some years ago they named a breaker after her at The Point. It might not sound much to most, but in surfing that is really special. It also says a lot about the character of the surfers.

"I just love my surfing; I have since I was 11," Maureen said. "I feel privileged to live in such a beautiful place like Middleton and be able to surf every day, and picking up rubbish to make this place look even nicer is just my small way of saying thanks. I have never taken this place for granted.

"I guess we should be all grateful. I have no doubt that the people in our community, and I am proud to say the young ones too, really care about their town and they're not the ones throwing rubbish out of a car window." With her husband Michael, who is ex-Navy, Maureen had a wonderful 60th birthday on Sunday. But then, in Middleton every day is beautiful because of our "Rubbish Lady". **CL**



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Laugh Lines

Sound familiar?

An out-of-control little boy in a supermarket with his grandfather is screaming for lollies, biscuits; all sorts of things.

The grandfather says in a calm voice: “Easy, William, we won't be long... easy boy.”

Another outburst and the grandfather says: “It's okay William. Just a couple more minutes and we'll be out of here. Hang in there, boy.”

At the checkout the little horror is throwing items out of the trolley. Everyone in the supermarket can hear him, and gaze at his appalling behavior.

The grandfather again says in a controlled voice: “William, William, relax buddy, don't get upset. We'll be home in five minutes, stay cool William.”

The shoppers who have gathered around them stop looking at the horrible little boy and start admiring the amazing patience of his grandfather.

A woman follows the grandfather to the carpark and says: “It's none of my business, but you were amazing in there. I don't know how you did it... that whole time you kept your composure, and no matter how loud and disruptive your grandson got, you just calmly kept saying things would be okay.

“William is very lucky to have you as his grandpa.”

“Thank you,” says the grandfather. “But I am William; this horrible kid is Simon.”

Stuck for words

Three blokes say their final goodbyes to their great mate Robo at the funeral parlour. They silently stare at him, and the funeral director says to them: “When the day finally comes that others will be in your position right now looking as you lay in the coffin, what would you like them to say about you?”

The first bloke says: “I would like them to say ‘he was a wonderful husband and father; a proud Crows supporter and a man who loved his dog.’”

The second bloke says: “I would like them to say ‘he was a hard worker, a man who cared for others and was respected by all.’”

And the third bloke says: “I'd like them say: “Look, he's moving!”

Life-long savers

After years of scrimping and saving, a husband tells his wife some great news.

“Darling,” he says, “We've finally saved enough money to buy what we started saving for way back in 1999.”

The wife says: “Oh, you mean a brand new family sedan?”

And the husband says: “No, a 1999 family sedan.”

Today's lesson

It's the first day of the new school year and the English teacher tells his class: “There are two words I don't allow in my class – one is gross and the other is cool.”

And some bright spark in the back row calls out: “What are the words?”

Tea on the table

A woman takes her son to the doctor because he's tired all of the time and keeps catching colds and other mild illnesses. The doctor asks about the lad's diet.

His mum says: “All he eats is snooker balls.”

The doctor is stunned. The mum adds: “For breakfast, he might have three reds and a brown. For lunch four reds, a pink, a yellow and a blue. And for tea it's often just a red and a black.”

The doctor says: “Oh, there's the problem... not enough greens.”

Dad jokes

What did the earthquake say to the volcano?

It's not my fault.

Why is it so hard to fool a snake? Because you can't pull its leg.

Why did the watch stop? He was running fast all week.

After the flash on his camera malfunctioned, what did the devil get back from the photo shop? Prints of darkness.



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Time to check your insurance coverage

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It's hard to believe, but daylight saving starts again on Sunday, October 5 at 3am so get ready to turn your clocks forward and change the battery in your smoke alarm.

And it's also not a bad time to have as think about your home insurance cover... over the past 12 months have you increased equity in your home or even added new security measures that may reduce your premiums? And what about all of your other insurance policies?

Unfortunately, general insurance is something that many of us tend to brush aside and forget about for years without a simple check guide that could actually save you money.

The staff at the Goolwa & District Community Bendigo Bank in the

Goolwa Shopping Centre have been trained to personally assist you with your insurance needs – and the range of coverage is as wide as it gets.

The most important factor to remember is that the G&DCBB is like an insurance broker with everything completely underwritten by CGU Insurance or Allianz Insurance depending on the type of policy.

Consider this: with 540 Bendigo Bank branches across Australia, think of the excellent insurance rates accessible by the Bank. And remember, your community bank puts profit back into your community. Of course, the rates are going to be excellent.

There are various insurance plans that can be tailored for your specific needs. It is important to have coverage, and within your means. This is about you; not the bank.

Financial planning services are available through the G&DCBB, so please consider organising an appointment through the professional staff.

Life insurance can sometimes be complex, especially around what type of insurance to buy, or how much you may need. Discuss your personal, business and family protection needs for key areas that you may not have already considered, things like:

- Life insurance
- Total and permanent disablement
- Trauma cover
- Income protection cover
- Business owners insurance

And remember, come 3am April 5, 2015, turn your clocks back an hour.

New seminars planned

The Goolwa & District Community Bendigo Bank has enjoyed a positive partnership with business in our community through the

Southern Alexandrina Business Association, and later this month it will announce an exciting new series of business seminars.

The format will be changed, including having three big seminars covering social media – an actual step-by-step guide how to start it for your business – occupational health safety issues, and a business survival plan that relates to numerous areas including working with your customers.

The response to the seminars held earlier this year was good, but upon canvassing SABA members it was clear they could be even better. Like day-to-day banking matters, the G&DCBB has listened and is working with the community to achieve the best possible results. Stay tuned.

Let's support a great cause

The brilliant poster (right), created by Todd McMahon of Eleven Inks, says it all – raise our hands in kindness and open our hearts to help raise funds for our local Sandpiper Lodge dementia ward.

The Goolwa & District Community Bendigo Bank is inviting you to a barbeque at the Goolwa Shopping Centre on Friday, September 19 and Monday, September 22 with all donations going directly to help better equip the ward.

The wonderful people at Southern Cross Care through Sandpiper Lodge, who have a caring attitude for our community, work hard to do their best for people with dementia, and this is our way to give them support.

If you cannot make it to the barbeques you will be really missing out on something special. But you can still make a donation at the G&DCBB throughout September.

Dementia can affect all of us, and

JOIN US FOR A BBQ

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**Friday September 19th &
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any donation that you may be able to make is also wonderful support for the family, friends and carers of people who have this terrible illness, which broadly speaking falls into the category of brain disease.



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Lakeside Goolwa

Advertorial

update

Vol. 2, No. 7 September, 2014

They came from the city and the coast, and everyone had a marvelous time at Lakeside Goolwa's inaugural Lifestyle Leisure Day. It was the sixth special day following a summer barbeque, Melbourne Cup lunch, Christmas lunch, Easter Open day, and a High Tea about meeting new friends – some of whom are already living at Lakeside Goolwa – and experiencing a small taste of the fabulous lifestyle on offer. Some played a game of bocce, badminton and carpet bowls, experienced dragon boat paddling for the first time, while others discovered their talent with art, learned something about interior design from the brilliant Sharon Auger, whose creations have stunned visitors to the display homes, and some just relaxed after a neck and hand massage. Here, you dictate the pace of the day. It was informative with Harcourts director Brett Williams on hand to answer questions, and entertaining with mobile travel agent Kyla Ward unveiling some tempting trip ideas upon request. It was a special day of events topped by a healthy lunch at the new residents' centre, The Lakeview Room. But at Lakeside Goolwa, every day is special – plenty on offer and at a pace that you decide. Most of all, it was a reminder of what life is all about – sharing a laugh among friends. It sums up Lakeside Goolwa.



Above: The Lakeside Goolwa staff and guests – they're all friends – who attended the wonderful day. Oh, and man's best friend too right at the front. Right: They paddled and paddled... the fun levels were extreme. The Coorong Dragons gave guests a go at dragon paddling, and it was a huge success. The local club is sponsored by Lakeside Goolwa.



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Top: True art... Rae Summerton from West Lakes Shore. Above left: Checking out the home style... Anne Hobbs from North Haven. Above: Love the action... Suzanne and Carey Akers try bocce. Far left: Azhar Malik from Macclesfield enjoyed the darts. Left: Interior designer Sharon Auger impressed the guests.



Above: Anyone for badminton? These friends gave it a go and had great fun (from left) Pam Toogood, Alan Trenorden, Ros Trenorden and John Keith.

Left: They were pampered too... Christine Graham, a resident of Lakeside Goolwa, received a super massage from remedial massage therapist Sherrill Wright, of Port Elliot.

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The Hundred Foot Journey

(CTC) Drama starring Helen Mirren, Charlotte Le Bon, Rohan Chand, and Manish Dayal. Hassan Kadam (Manish Dayal) is a culinary ingénue with the gastronomic equivalent of perfect pitch.

Displaced from their native India, the Kadam family, led by Papa (Om Puri), settles in the quaint village of Saint-Antonin-Noble-Val in the south of France. Filled with charm, it is both picturesque and elegant – the ideal place to settle down and open an Indian restaurant, the Maison Mumbai. That is, until the chilly chef proprietress of Le Saule Pleureur, a Michelin starred, classical French restaurant run by Madame Mallory (Helen Mirren), gets wind of it. Wed, Sept 3: 10.30am*, 4pm, 6.25pm; Fri, Sept 5: 12.15pm; Sat, Sept 6: 12.01pm, 2pm; Sun, Sept 7: 3pm; Wed, Sept 10: 1pm.

A Most Wanted Man

(M) Thriller starring Grigoriy Dobrygin, Philip Seymour Hoffman, and Homayoun Ershadi. When a half-Chechen, half-Russian, brutally tortured immigrant turns up in Hamburg's Islamic community, laying claim to his father's ill gotten fortune, both German and US security agencies take a close interest: as the clock ticks down and the stakes rise, the race is on to establish this most wanted man's true identity - oppressed victim or destruction-bent extremist? Based on John le Carré's novel, A Most Wanted Man is a contemporary, cerebral tale of intrigue, love, rivalry, and politics that prickles with tension right through to its last heart-stopping scene. Wed, Sept 3: 10.45am* 6.30pm; Fri, Sept 5: 2pm; Sat, Sept 6: 2.25pm; Sun, Sept 7: 5.30pm; Wed, Sept 10: 3.15pm

Magic in the Moonlight

(CTC) Comedy, drama starring Colin Firth, Antonia Clarke, and Natasha Andrews. Directed by Woody Allen. A romantic comedy about an Englishman brought in to help unmask a possible swindle. Personal and professional complications ensue. Wed, Sept 3: 1.45pm, 3.45pm; Fri, Sept 5: 12.01pm, 4.45pm, 6.45pm; Sat, Sept 6: 10am, 4.45pm, 6.45pm; Sun, Sept 7: 1pm, 5.40pm; Tues, Sept 9: 6.45pm; Wed, Sept 10: 10.30am*, 1.15pm, 5.30pm; Fri, Sept 12: 2.25pm, 6.30pm; Sat, Sept 13: 2.20pm, 6.30pm; Sun, Sept 14: 5.50pm; Tues, Sept 16: 6.30pm; Wed, Sept 17: 1pm, 5.10pm.



Begin Again

(M) Drama, comedy starring James Corden, Keira Knightley, Mark Ruffalo. Gretta (Keira Knightley) and her long-time boyfriend Dave (Adam Levine) are college sweethearts and songwriting partners who decamp for New York when he lands a deal with a major label. But the trappings of his new-found fame soon tempt Dave to stray, and a reeling, lovelorn Gretta is left on her own. Her world takes a turn for the better. Fri, Sept 5: 2.40pm, 8.20pm; Sat, Sept 6: 12.01pm, 8.20pm; Sun, Sept 7: 3.20pm, 7.45pm; Tues, Sept 9: 8.20pm; Wed, Sept 10: 3.25pm, 7.30pm; Fri, Sept 12: 4.25pm, 8.30pm; Sat, Sept 13: 4.25pm, 8.30pm; Sun, Sept 14: 3.10pm; Tues, Sept 16: 6.40pm; Wed, Sept 17: 10.30am*, 3.05pm.

Into the Storm

(M) Drama, comedy starring Sarah Wayne Callies, Richard Armitage, and Jeremy Sumpter. In the span of a single day, the town of Silverton is ravaged by an unprecedented onslaught of tornadoes. The entire town is at the mercy of the erratic and deadly cyclones, even as storm trackers predict the worst is yet to come. Most people seek shelter, while others run towards the vortex, testing how far a storm chaser will go for that once-in-a-lifetime shot. Told through the eyes and lenses of professional storm chasers, thrill-seeking amateurs, and courageous townspeople, Into the Storm throws you directly into the eye of the storm to experience Mother Nature at her most extreme. Fri, Sept 5: 4.20pm, 6.30pm, 8.45pm; Sat, Sept 6: 10.10am, 4.20pm, 6.30pm, 8.45pm; Sun, Sept 7: 1.20pm, 8pm; Tues, Sept 9: 6.30pm, 8.45pm; Wed, Sept 10: 10.45am*, 5.40pm, 7.40pm; Fri, Sept 12: 2.40pm, 8.50pm; Sat, Sept 13: 12.30pm, 4.55pm, 8.50pm; Sun, Sept 14: 12.30pm, 7.35pm; Tues, Sept 16: 8.45pm; Wed, Sept 17: 1.15pm, 7.10pm.

The Giver

(CTC) Drama, fantasy, sci-fi starring Jeff Bridges, Meryl Streep, Alexander Skarsgård, Katie Holmes. The haunting story of The

Giver centers on Jonas (Brenton Thwaites), a young man who lives in a seemingly ideal, if colorless world of conformity and contentment. Yet, as he begins to spend time with The Giver (Jeff Bridges), who is the sole keeper of all the community's memories,

Jonas quickly begins to discover the dark and deadly truths of his community's secret past. With this newfound power of knowledge, he realizes that the stakes are higher than imagined. Fri, Sept 12: 4.40pm, 6.45pm; Sat, Sept 13: 12.45pm, 4.20pm, 6.45pm; Sun, Sept 14: 5.20pm, 7.50pm; Tues, Sept 16: 8.30pm; Wed, Sept 17: 10.45*, 6.45pm.

Planes: Fire and Rescue

(CTC) Animation, family movie starring Dane Cook, Ed Harris, and Julie Bowen. When world-famous air racer Dusty learns that his engine is damaged and he may never race again, he must shift gears and is launched into the world of aerial firefighting. Dusty joins forces with veteran fire and rescue helicopter Blade Ranger and his team, a bunch of all-terrain vehicles known as The Smokejumpers. Together, the fearless team battles a massive wildfire, and Dusty learns what it takes to become a true hero. Sat, Sept 13: 2.55pm; Sun, Sept 14: 1pm.

Andre Rieu's 2014 Maastricht Concert

Help celebrate the 10th Anniversary of André Rieu's traditional summer evening concerts, staged on the most romantic city square in The Netherlands: the Vrijthof in Maastricht! Be prepared for emotions to soar during one of the most extraordinary concerts of the year as the maestro puts on a magnificent spectacle during this very special anniversary edition of his much-loved concerts. The concert is approximately 3 hrs 5 mins including a 15 minute interval. All tickets \$20. Sun, Sept 14: 2.30pm; Wed, Sept 17: 3.30pm.

* Coffee club screenings.

There are some great movies commencing later in the month... check our website for movie updates: www.coastlines.com.au

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Plant lovers wanting to see how their garden grows

It's spring and what a better month to have two excellent events for garden lovers.

First we have the Port Elliot Walk on Sunday, September 21.

A strong sense of community has brought together diverse talents and passions represented by art, history and a love of plants and gardens. Four contrasting gardens and studios will showcase sculpture, ceramics, pottery and sustainable planting plants from 10am-4pm.

You will visit an historic garden first established in 1853; a garden with a Mediterranean palette of plants graced by sculpture and ceramics, a simple Sculpture Garden; and a plant lovers garden packed with Australian natives, herbs and veggies.

Cost is \$15 for four gardens – available on the day from South Seas Books and Trading, 53 North Tce, Port Elliot. Maps will be available.

Secondly, the Australian Plants Society Fleurieu Group & Friends of Nangawooka, off Waterport Road, Victor Harbor (opposite Urimbirra) are presenting a plant sale and open day on Sunday, September 28. Explore the beautiful garden and have a free tour of the reserve at 2pm. And you can help these volunteers out by buying a native plant.

Both events are very worthwhile attending if you love plants.

It's all about the birds & bees...



The best way of attracting the birds & the bees to your garden is by using Australian native plants.

By using Australian natives as your garden base you are creating an easy-care natural environment for both you and local wild life.

There are many coastal native plants available that will withstand the wind and the hot summer days with only a small amount of effort. They include Banksias, Grevilleas, Westringia plus a wide variety of Eucalyptus. The range is endless, but these varieties are salt and wind tolerant, and while they do well in dry conditions they still enjoy a bit of an early morning watering.

All Australian natives thrive with a bit of pruning and a slow release fertilizer, but most importantly quality mulch like a cottage mulch or inch bark around all of your plants is recommended.

If you only have a small back yard or a patio area that needs some easy care colour, try growing Australian Natives in pots. So many of our wonderful natives look absolutely fabulous in pots and love to hang out in the sun on your patio.

Plants like Kangaroo Paw that are available in many colours will thrive in a pot, and with a bit of pruning and will flower almost all year round. Another good native plant for pots is the Boronia Pinnata which has a long flowering



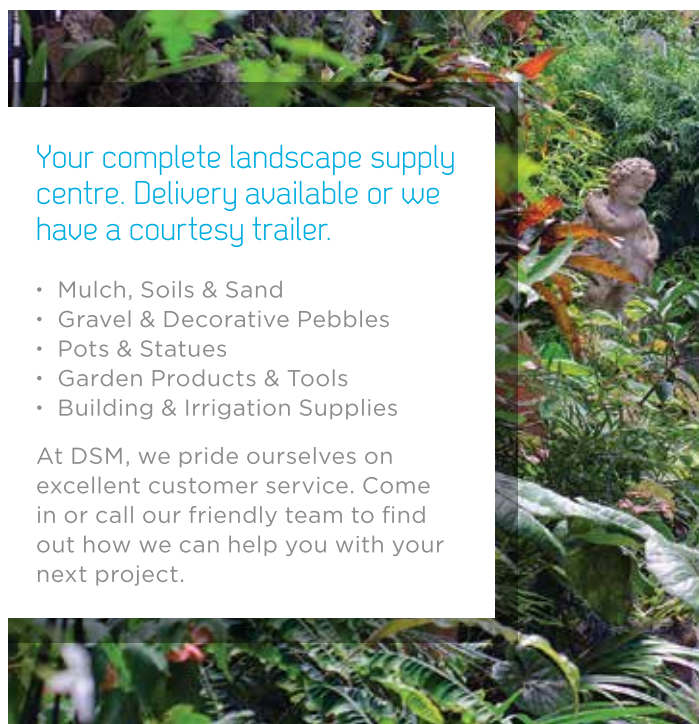
time and produces a wonderful fragrance – perfect for a courtyard. For a dramatic look try a Banksia Spinulosa or "Birthday candles" which do very well in a large pot, and for a splash of colour try a Tatrotheca Thymifolia.

All you need is an attractive decent size pot, some free-draining potting mix and a bit of mulch for around the top of the pot to keep the soil from drying out too quickly on a hot summer's day. Another good tip is to put a pot inside a pot for a bit of insulation to prevent the root ball from heating up if in

the full sun.

There are no real hard and fast rules with what natives to plant in pots as they all do well, so find something you like jump in and give it a go.

There are many native plants that can be used as hedging or screening plants in your garden, and two great varieties are The Bottle Brush Callistemon Captain Cook and the various varieties of Westringia also known as the coastal rosemary.



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EAT WAVE with Jenny

Malteser Slice



Ingredients

2 eggs
2 tablespoons vegetable oil
2 x 150g tubs Vanilla Bean Fruche
1 cup self-raising flour
4 tablespoons cocoa
½ cup raw caster sugar
155g Maltesers

Method

Pre-heat oven to 170°C. Line a slice tin (18cm x 28cm) with baking paper. In a large bowl whisk together oil, eggs and fruche. Add flour, sugar and cocoa and stir to combine. Stir in Maltesers. Spread into prepared tin and bake for 25-39 minutes, or until an inserted skewer comes out clean.

(And make sure that you put all of the Maltesers into the mixture!)

Chocolate Almond Clusters

Ingredients

120g slivered almonds
180g dark or milk chocolate
pinch fine sea salt (optional)

Method

Pre-heat oven to 160°C. Line a baking tray with baking paper. Spread slivered almonds over the tray and bake for about 10 minutes, or until pale golden in colour. Remove from oven and cool. Melt chocolate – break up chocolate into small pieces and place in a heatproof bowl. Chocolate can be melted in the microwave on a very low heat, or over a saucepan of simmering water on the stove top. Ensure no water comes into contact with the chocolate, and do not overcook. Carefully remove chocolate from heat just before all pieces have melted, and continue stirring until there are no lumps, and chocolate is smooth. Add toasted slivered almonds to the melted chocolate and stir until combined. If you like a slightly salted taste, add a pinch of fine sea salt at this stage. Cover a tray with baking paper and place teaspoonfuls of the mixture onto the tray and refrigerate to set. Don't make clusters too big so they are easier to eat. Mixture makes approximately 12 clusters.

Note: Good quality 'eating' chocolate is suitable



to use for these clusters. Ingredient quantities can be adjusted to suit, e.g. 100g almonds, 150g chocolate.

Chocolate Spiders

Ingredients

100g packet original fried noodles
200g chocolate
2 tablespoons crunchy peanut paste

Method

Melt chocolate (see method for chocolate almond clusters). Add peanut paste and noodles. Stir well. Place teaspoonfuls of mixture on tray lined with baking paper. Refrigerate to set. Makes 15-20.

A better 'wrapper' than Eminem

You must try these Chinese pancakes; delicious, fresh and healthy fillings wrapped in a light pancake. The preparation may look great, but don't be put off – they're easy to make and certainly worth the time. Let yourself go with your own ideas for some fillings, but please try the sweet and sour carrot, which really adds a lot to this tasty wrapper dish.

Jian Bing (Chinese pancakes)

Pancake ingredients

¾ cup plain flour
2 tablespoons semolina flour
1 cup water
2 eggs
½ teaspoon salt
4 eggs, extra
4 teaspoons sesame seeds
4 spring onions, thinly sliced

Fillings

4 tablespoons chopped fresh coriander
6 wonton wrappers
400g cooked, shelled prawns
shredded lettuce or baby spinach
1 large avocado, peeled and diced
sweet and sour carrot, (see recipe)
1 small Lebanese cucumber, thinly sliced
sweet chilli sauce

Method

First prepare sweet and sour carrot (see recipe). Fry wonton wrappers in a little hot oil, until golden and crisp. Drain on paper towel and set aside to cool. When cool, crumble into small pieces. Wonton wrappers can be bought in the fresh pasta section of the supermarket, and leftover wrappers can be frozen.



Pancake mixture

To make pancake mixture, in a bowl whisk together the first five ingredients to make a smooth, thin batter. Heat a large fry pan over medium heat, coat base with cooking oil and then pour in 3-4 tablespoons of the mixture. Using a spatula or the back of a spoon, spread thinly over the base of the pan. While the pancake is cooking, break an egg on top and spread over the pancake. Sprinkle with a teaspoon of sesame seeds and some spring onion. Continue cooking for 1-2 minutes, or until egg is nearly set. Toss pancake over and cook for 30 seconds.

Place pancake (egg-side up) onto a plate, or greaseproof paper. Add filling down centre of the pancake – shredded lettuce and/or baby spinach, prawns, avocado, sweet & sour carrot, sliced cucumber and chopped coriander. Top with sweet chilli sauce and crisp wonton crumbs. Roll pancake up and serve either directly on a plate, or wrapped in greaseproof paper. Makes approximately 4 pancakes.

Sweet & Sour Carrot

Ingredients

¼ cup rice vinegar
2 tablespoons water
2 tablespoons sugar
1 cup shredded/grated carrot
1½ teaspoons fish sauce

Method

In a small saucepan combine first four ingredients. Stir over medium heat, until sugar has dissolved. Remove from heat. Place carrot in a bowl and cover with liquid. Stir in the fish sauce, then set aside to cool. Drain liquid off before serving.

Note: Ensure you don't overfill the pancake. Fillings and sauces used can be varied. Filling suggestions – shredded cooked chicken, smoked salmon, sliced pork or beef, fried tofu, shredded cabbage, mushrooms, bean sprouts. Sauces – mayonnaise, hoi sin, BBQ, black bean.

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