

FREE

# Coast Lines

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

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**P24:** Local lawn bowls is changing, and for Joy & Peter there is...

## No end in sight



**P22-23:** It's Cup time, but it seems racing is not always just glamour



**P27:** The Cup? Give us Mrs Eatwave's Yummy Dried Fruit Balls any day

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# Hey, it's Fun-tober!

The mums and dads of this world are about to get busy; er, sorry busier. The kids have been waiting for October to arrive because it's all about having fun.

We have the Yankalilla Show on Sunday, Strathalbyn Show on Monday, Port Elliot Show the weekend after, and the Fun on the Fleurieu activities on Friday, October 31.

And, if you're really keen, you can hop across to Kangaroo Island for its big show at Kingscote on Saturday, November 1.

Full credit to the incredible number of volunteers and sponsors who make these family events possible.

## Yankalilla Show

You can watch performing horses or climb an eight-metre rock wall, or be entertained by roving ducks, the Ravellos Circus, and Dan Burt, who has done his one-man-band and clown act since 1981. There is no show without Burt.

Clancy the Jelly Bean Train will be a big hit again – for \$3 children ride around the grounds on a 20-seater train with a bag of jellybeans. The thrills come from the Normanville Resource Centre snake pit display, and check out the performances on the main stage including dance groups, and various musicians throughout the day.

Of course, there are the amusements and all the wonderful arts, crafts and cooking displays – the usual something-for-everyone, and it's a terrific event.

## Port Elliot Show

More than 6000 people attended last year's show – the fourth biggest agricultural show in the state – presented by the volunteer show committee and Southern Fleurieu Historical Museum members.



Four-year-old Sienna, of Victor Harbor, who is excited about going to Fun on the Fleurieu at Investigator College on Friday, October 31.

The numbers are sure to rise with the return of the extremely popular dog show on the showground oval that has attracted more than 600 Dog SA entries.

Saturday's features include Clydesdales Horse Championships, Ute Muster, classic cars, Clancy the Train, plus performing horses and ducks.

Continued P4



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## Fun on the Fleurieu

**9:30am - 11:30am  
Friday 31  
October 2014**

Investigator College  
Performing Arts  
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Victor Harbor Campus  
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*Fleurieu Families*

**A FREE community  
event celebrating  
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for families with  
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For more information  
contact Julie or Trudy 8555 7500  
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From P3

There will be song and dance with our talented local Victor Harbor City Band, the Ukulele Group of Goolwa and soloist Howard Sumner, Fortuna Dance, and the Fleurieu Scottish Dancers. Things will really hot up with The Griffini Circus show, a 30-minute feast of riveting feats juggling flames of fire, followed by a one hour circus workshop teaching juggling, stilt walking, plate spinning and more.

The Sunday main attractions will include the SA Axe Men's Wood Chopping demonstrations, horses in action, The Griffini Circus show and workshop, RDA Pony Rides, Rock and Roll dancers, soloist Leigh Marshall and The Granite Island Community Band and renowned folk band The Ryebuck Sheilas.

Throughout the weekend there will be MacDonalds Animal Farm, native reptiles, dog obedience shows, sheep shearing, plus more than 10 new demonstrations on various interests. And once again, there's no show without the sideshows, arts and crafts and much more.

The great thing is, much of the entertainment is free. Check it out: portelliotsshow.com.au

### Fun on the Fleurieu

There won't be sideshows at this free event at Investigator College, Victor Harbor Campus, but definitely a lot of fun for both parents and their children aged up to five. And significantly, it can provide a lot of wonderful ideas and learning tools for the mums and dads to help their children develop.

It brings together early childhood services and groups to celebrate National Children's Week. The event was going to cease because of the withdrawal of government funding, but Investigator College thought it was so important in the development stage of children up to five-years-old that it took on this magnificent program.

The festival offers activities that encourages and supports parents or carers intervention. There is the opportunity to meet early childhood workers or group coordinators and take home information on local services and support programs.

The event is proudly funded and hosted by Investigator College, and for more information call Julie or Trudy on 8555 7500.



Young children enjoying the activities at last year's Fun on the Fleurieu.

### Yankalilla Show

**Saturday, October 4, 9am-5pm. Main Road, Yankalilla. Prices: Adults \$10, concession (pensioner only) \$5, children 5-15 \$5; under-5 free.**

### Port Elliot Show

**October 11-12: Sat: 9am-5pm; Sunday 9am-4pm. Port Elliot Showgrounds Cameron St, Port Elliot. Prices: Weekend pass \$15; adults \$10; concession/students \$7; children 5-16 \$3, under-5: free.**

### Fun on the Fleurieu

**Friday, October 31, 9.30-11.30am. Investigator College Performing Arts & Sports Centre, Bacchus Rd, Victor Harbor. A free community event for children 0-5 yrs. T: Julie 8555 7500**

# PORT ELLIOT SHOW is the place to go!



**Saturday 11th 9am-5pm**

**Sunday 12th October 9am-4pm**

**Cameron St, Port Elliot**

[www.portelliotsshow.com.au](http://www.portelliotsshow.com.au)

# Sandy understands investment property

Sandy Brock joined our team as Residential & Commercial property manager just over a year ago, after relocating back to Hindmarsh Island. Managing a family business for many years and being an investor in real estate properties, led her into the world of property management. While living in Adelaide for the past five years she specialised in commercial property management, handling a large portfolio of high-end multi-tenanted businesses within the CBD. Sandy also has extensive experience in residential property management, and RiverPort is currently managing over 300 rental properties. Sandy's qualifications include REI Certificate 1V in Property services; REI Certificate Commercial Leasing & Management. RiverPort Property prides itself on being a friendly and personable company whilst offering a professional service. Sandy's outgoing personality and caring nature compliments the team which ensures a high level of customer service is consistently delivered.

If you have an investment property and would like to discuss it with Sandy, contact her on 8555 1555 or 0428 890 655.  
Email [sbrock@riverportproperty.com.au](mailto:sbrock@riverportproperty.com.au)



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It is National Carers Week from October 12-18, and our local Carers Support Centre has a huge awareness program planned. However, Pat and Peter Smitherman (pictured) believe we can also make a difference by simply talking to our carers and making them feel alive.

# Something we should all care about

It is National Carers Week from October 12-18, and regrettably a lot of people don't really care. They don't need to care for someone with a disability so they feel the occasion has nothing to do with them.

Ever gone to a supermarket and seen 'those people' – oh, that is a horrible term – with a disability and thought, 'those poor souls', and then looked away because 'it's not my concern'?

If we can perform one good thing this month perhaps let's share a glimpse of what it's like in their world. We'll start by dismissing the patronising approach, and may we correct those who use the line "people with disabilities" – you may have one or a multiple number of health issues that may make you a person with a disability, but no one can have more than one disability.

Apologies for the political correctness or a hint of being on the attack, but it seems being in the world of a carer of someone with a disability is largely about trying to convey to those outside of it that the simplest form of frustration can be consuming.

Few understand this environment more than Pat Smitherman, of Clayton Bay, who 25 years ago started a carers support concept that is now the basis of international programs that assist those who care for someone with a disability, be it mental and/or physical.

When Pat started out 'carer' was a new word. Now there is *The Carers Recognition Act (2005) South Australia*, and people have used Pat's model with the key element being the carer is at the centre of the program.

With help and amazing encouragement from



her husband Peter, the program has changed the lives of so many families, and since her retirement in 2006 the Smithermans have continued to be an invaluable reference source through the Carers Support Centre program, including the tireless service provided in Victoria Street, Victor Harbor, under the auspices of Health SA.

The impact on our community is emphasised by the fact there are 213,700 South Australians providing ongoing assistance to someone with a disability or an age-related frailty (2000 ABS), including about 300 from Goolwa-Victor Harbor. This does not include those who are not registered as a carer along our south coast, and there are lots.

As much as everyone can say 'more should be done', the fact is, caring for those in need can happen to anyone tomorrow, and it is society's challenge. If it weren't for Pat being asked to develop a program which began with a study of carers at home and their families, which gave her an insight what their world was like, we would not have anything near as vital as we have now.

"Initially, in 1990 I was given the responsibility of looking after 80 people," Pat said. "I talked to people in a caring situation and I picked up they were obviously financially stressed, very isolated, most were grieving in some form, and they were losing their social skills and self-esteem because they were just at home looking after someone else.

"People were withdrawing from the community. The first thing I did was to try and get some contact with them, and I started with support groups. Recreation was not a word that many

used, so I declared one day to be a carer's day-off, and we went out.

"At the end of that day they said things like 'I have had a week's holiday... I cannot remember eating with a knife and fork'. It really hit me. I realised there were many caring situations. Predominantly people used to talk about the aged, which of course is a huge area, but there were lots of parents – parents who had babies that had a disability, children having to go through the trauma of where they go to school and how they may be supported. Then I discovered there were children looking after parents, some only six or seven. Their parents may have had a mental illness and they wouldn't go to school because they feared mum might do something to herself.

"It is a huge issue that people think can be solved with a few support groups or throwing money at them, but it's much more than that.

"It's incorrect to make the assumption that everyone who is caring loves that person because it is sometimes not the case, and it is even harder if they don't particularly like the person. I am concerned about the number of children looking after parents, and sometimes also their brother or sister. Previously, the system never recognised those kids, and we still need to do much better for them.

"Where there is a child born into a family with a child with a disability the marriage suffers because the female is usually the one involved in all the therapy and the contact with the schools – and rightly so – fighting for the needs of the children.

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From P6

"The father often works during the day and is not involved. He comes home and the wife is stressed out and so their relationship disintegrates; there is no time to be a husband and wife. That troubles me, as does the men feeling left out.

"The other group often ignored are the siblings of children with a disability because quite often all of the energy quite rightly is focused on the child with a disability and the siblings can be out there wondering what is going on."

Peter's equally kind nature and willingness to make a difference saw him create time-out events for the carers to again feel alive; that there is a world outside of their home and normal conversations can still be made. He spoke of how some carers do their shopping, and the only person they may speak to the entire week is the check-out person.

"It can be a lonely world out there for a carer," Peter said.

Neither Pat nor Peter have sought applause for their efforts. Pat remains overwhelmed for having received an OAM on September 11, 2002. She still remembers the date because she described the occasion as one of the happiest days of her life. A Centenary Medal came later. However, if there is one thing she would like is for people to recognise this forthcoming Carers Week from October 12-18. She wants people to just think about those who are carers for others. "If you think somebody might be in a caring situation, make a point of saying g'day to them or just talking," Pat said.

"They may feel extremely isolated. A little chat can make a real difference to them. People tend to stay away because they don't want to get involved; they don't have to."

We could fill this magazine with what Pat and Peter have done for carers and the people they care for, and it's not as if they have cared for a family member or friend and this is their way of giving something back to the system.

They do it because they care, and if you don't just think that you might be unwittingly placed in this situation tomorrow. It's why you should say 'hello' to a carer this month and for a change make them feel alive. **CL**

**What a great idea; a new community centre to serve the southern Fleurieu region. You can vote for this *fund My Idea* project from Oct. 17-Nov. 3 and make a difference.**

# VOTE

**[www.yoursay.sa.gov.au/fundmyidea](http://www.yoursay.sa.gov.au/fundmyidea)**

## Community centre gains momentum

Here is your chance to have your say – help to fund a new community centre to serve the southern Fleurieu Peninsula by giving your vote on the State Government's *fund My Idea* program.

You simply go to the website [www.yoursay.sa.gov.au/fundmyidea](http://www.yoursay.sa.gov.au/fundmyidea) and vote for Alexandrina Connect Inc. concept.

It's the name of the new group behind establishing a community centre based in Goolwa. A community meeting will be held at the Alexandrina Council Chambers on November 13 at 6.45pm for a 7pm start to officially establish the organisation and kick-start the program. Guest speakers will be Fiona Verity, Dean of Social and Policy Studies at Flinders University, and Karen Bradford, chief executive of Milang Old School House Community Centre.

The *fund My Idea* program offers up to \$50,000 in assistance. There will be other initiatives placed on the website, and whichever one gets the most votes from the community gets the funding.

The group behind Alexandrina Connect needs to raise \$120,000 by the end of June, 2015 to lease premises to conduct the initial program, establish the governance structure and further consult with the community.

This is a community project run by the community for the benefit of the community, and the least we can do is help it get off the ground by voting in its favour. You may vote online from October 17 at 4pm til November 3 at 4pm for one of three *fund My idea* concepts. Thanks for any support!

Without getting into politics, the Federal



**The poster promoting the community meeting on Thursday, November 13.**

Government has cut back its funding for certain community projects – including those across the Fleurieu Peninsula. The proposed Alexandrina Connect will help keep those programs and services going.

The Alexandrina Connect Inc. initiative already has the support of local service clubs, community organisations, Alexandrina Council and the Goolwa & District Community Bendigo Bank.

## Your local Victor Harbor team is in tune with you and your car...

Your local team  
(from left) Shane  
Mitchell, and  
proprietors Steve  
Conder & Tony  
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# Ultra Tune

Auto Service Centre

# Carers week expo at Goolwa

THURSDAY, OCTOBER 16

The magnificent organisation South Coast Carers Support, which is based in Victoria Street, Victor Harbor, is holding a free Cultivating Community Connections Expo at the Signal Point Gallery on Thursday, October 16 from 10am-noon.

It is part of the national Carers Week program to acknowledge the carers of people in need, and to educate and inform people of the services available.

Our local group is inviting those who provide ongoing care to a family member or friend who has a disability, a chronic disease – including mental illness – or is frail and requires assistance carrying out every-day tasks to the expo.

The South Coast Carers Support program aims to connect, inform and provide resources for carers in communities across the Fleurieu Peninsula.

There will be a "come & try" session at the Expo from 11.30am-12.30pm.



## Saturday, October 4

Yankalilla Show (see P3). It's a great fun day for families in real country tradition (above).

## Monday, October 6

The 144th Strathalbyn Agricultural Society Show will be held at the Strathalbyn Oval Grounds, Coronation Rd, Strathalbyn. Enjoy a full day of fun, music, animals, livestock, carnival rides, kids games, huge food court, displays of flowers, cookery, preserves, plants, arts & craft, photography, vegetables, wool, eggs, grains, produce, poultry, Strath Trail Bag & heaps more fun with children's games and the 2014 Young Farmer Challenge. Adults \$10; children (5-14 years) \$3; under 5 years free; pensioners \$5.



## Friday, October 10

Space Encounters... at Centenary Hall, Cadell Street, Goolwa 10.30am and 1pm. A children's show suitable for 5-12 years. It's an interactive children's opera which tells the story of two astronauts, Harris and Jefferson, and their robot Roland who venture into space to find the source of a strange signal. Come dressed up as an astronaut or a robot and have your photo taken with the cast. All tickets \$10. Visit: [goolwavic@alexandrina.sa.gov.au](mailto:goolwavic@alexandrina.sa.gov.au)

## October 6-19

Liminal Exhibition, Signal Point Gallery, Goolwa Wharf, free entry, Monday - Friday 11am - 4pm, Saturday and Sunday 10am - 4pm. What mysteries are beyond, below and above the crust of land, veil of sky, shimmer of water? Artists Gaynor Hartvigsen and Helen Stacey

# Go. See.

Free for community groups & clubs, etc.

Presented by Goolwa & District Community Bendigo Bank

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## Thought for the Month...

The first sign of maturity is the discovery that the volume knob also turns to the left.



Space Encounters ... a children's show at Centenary Hall, Goolwa on October 10.

investigate connections with the River Murray, Lower Lakes and Coorong.

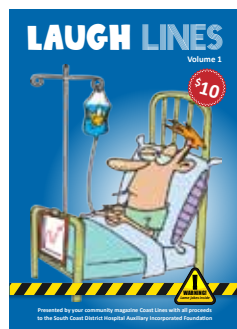
## Monday, October 8

3D Orchard Wooden Trees at Goolwa and Strathalbyn libraries. Create a 3D tree to brighten up your room as the apples start to ripen outside. Free, bookings essential. 3-4pm.

Continued P9

## Grab a copy today

The Coast Lines' Laugh Lines jokes book... just \$10! Available at Mr Menswear and Tyrepower Victor Harbor, Goolwa & District Community Bendigo Bank in Goolwa, Priceline Pharmacy Goolwa, and Goolwa RSL sub-branch, and South Coast District Hospital.



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From P8

## Tuesday, October 9

Peggy The Woolly Sheep, Goolwa and Strathalbyn libraries. Spend an afternoon with us and we'll show you how to make a farmyard friend. Free, bookings essential. 3-4pm.

## Friday, October 10

*Life looks bright on the outside...* a fun and free community event for children and families from 9.30-11.30am at Lakala Reserve, Rosetta Tce, Port Elliot. Activities include a large inflatable slide, a box maze and kite making.

## October 11-12

Port Elliot Show (see P3) is now officially the fourth largest South Australian country show, and the response and new innovations will keep it moving. For the first time it will have a Health, Learning and Lifestyle marquee.

## October 11-12

Strathalbyn Rugmaking Expo at Town Hall, High Street. Two sessions daily – 9am-noon, and 1-4pm. Learn how to make a rug from various material – including old T-shirts – and the traditional way.

## October 16-November 20

Try golf program at South Lakes Golf Club; one-hour lessons for five weeks every Thursday from October 16-November 20. Contact the club: 8555 22 99.

## Sunday, October 19

The 31st annual Strathalbyn Swap Meet presented by the Historic Motor Vehicles Club at Strathalbyn Harness Racing Club, Milne Road. Gates open 5.30am (sellers) and 6.30am (buyers). \$5 adults. Contact Richard 0423 524 481.

## Sunday, October 19

Goolwa Concert Band led by conductor Leon Lambert will present its annual concert, A Taste of Latin at the Goolwa Centenary Hall, Cadell St, Goolwa from 2pm. Guest artists Cockle Pickers Ukulele Ensemble.

## Friday, October 10

*Space Encounters* (above) ... at Centenary Hall, Cadell Street, Goolwa 10.30am and 1pm. A children's show suitable for 5-12 years. It's an interactive children's opera which tells the story of two astronauts, Harris and Jefferson, and their robot Roland who venture into space to find the source of a strange signal. Come dressed up as an astronaut or a robot and have your photo taken with the cast. All tickets \$10. Visit: [goolwavic@alexandrina.sa.gov.au](mailto:goolwavic@alexandrina.sa.gov.au)

## 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 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](http://www.fleurieufolkfestival.com.au)

## Saturday, November 22

The annual Smoke Off, Goolwa. Come and be part of this ultimate slow-food event. Get a team together, fire up your Weber and smoke a ham or something of your choice using one of your favourite marinades, or any of the amazing smoking recipes available. Enjoy music, cooking demonstrations, sausage sizzle and much more. Register now. Contact 8555 5801 or visit [goolwasmokeoff.com](http://goolwasmokeoff.com)

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](http://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.

**Yankalilla:** Third Saturday of the month from 9am.

## Event updates:

e: [info@coastlines.com.au](mailto:info@coastlines.com.au)

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## The Boxtrolls

(PG) Animation, family movie starring Ben Kingsley, Toni Collette. The tale of the Boxtrolls, monsters who live underneath the charming streets of Cheesebridge. They crawl out of the sewers at night to steal what the townspeople hold most dear: their children and their cheeses. At least, that's the legend. In truth, the Boxtrolls are a community of lovable oddballs who are raising as one of their own an abandoned and orphaned human boy named Eggs. Thurs, Oct 2: 12.10pm, 4.30pm; Fri, Oct 3: 12.10pm, 4.30pm; Sat, Oct 4: 12.10pm, 4.30pm; Sun, Oct 5: 3.30pm; Mon, Oct 6: 3.30pm; Tues, Oct 7: 12.10pm; 4.30pm; Wed, Oct 8: 12.10pm, 4.30pm; Thurs, Oct 9: 1.25pm; Fri, Oct 10: 1.25pm; Sat, Oct 11: 1.25pm.

## The Maze Runner

(M) Mystery, sci-fi, thriller starring Dylan O'Brien, Kaya Scodelario. In a dystopian future, a group of boys are delivered to The Glade – a large, open expanse ringed by a looming stone maze – with no memory of who they are or how they got there. Their only chance for escape is through The Maze. Thurs, Oct 2: 6.40pm; Fri, Oct 3: 6.40pm; Sat, Oct 4: 6.40pm; Sun, Oct 5: 5.45pm; Mon, Oct 6: 5.45pm; Tues, Oct 7: 6.40pm; Wed, Oct 8: 6.40pm.

## Planes: Fire and Rescue

(G) Animation, family movie starring Dane Cook, Ed Harris. 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. Thurs, Oct 2: 10.10am, 2.10pm; Fri, Oct 3: 10.10am, 2.10pm; Sat, Oct 4: 10.10am, 2.10pm; Sun, Oct 5: 11.10am; Mon, Oct 6: 11.10am; Tues, Oct 7: 10.10am, 2.10pm; Wed, Oct 8: 10.10am, 2.10pm; Thurs, Oct 9: 9.55am; Fri, Oct 10: 9.55am; Sat, Oct 11: 9.55am; Sun, Oct 12: 12.45pm.

## The Equalizer

(MA+) Action, drama starring Chloe Moretz, Denzel Washington, Melissa Leo. In The Equalizer, Denzel Washington plays McCall, a former black ops commando who has faked his death to live a quiet life in Boston. When he comes out of his self-imposed retirement to rescue a young girl, Teri (Chloe Moretz), he finds himself face to face with ultra-violent Russian gangsters. As he serves vengeance against those who brutalize the helpless, McCall's desire for justice is reawakened. If someone has a problem, the odds are stacked against them, and they have nowhere else to turn, McCall will help. He is The Equalizer. Thurs, Oct 2: 1.55pm, 8.55pm; Fri, Oct 3: 1.55pm, 8.55pm; Sat, Oct 4: 1.55pm, 8.55pm; Sun, Oct 5: 12.55pm, 7.45pm; Mon, Oct 6: 12.55pm, 7.45pm; Tues, Oct 7: 1.55pm, 8.55pm; Wed, Oct 8: 1.55pm, 8.55pm; Thurs, Oct 9: 3.25pm, 8.45pm; Fri, Oct 10: 3.25pm, 8.45pm; Sat, Oct 11: 3.25pm, 8.45pm; Sun, Oct 12: 7.30pm; Tues, Oct 14: 8.20pm; Wed, Oct 15: 10.45am\*, 1.55pm.



## The House of Magic

(G) Animation, family movie starring Cinda Adams, Edward Asner, George Babbitt. Thunder, an abandoned young cat seeking shelter from a storm, stumbles into the strangest house imaginable, owned by an old magician and inhabited by a dazzling array of automatons and gizmos. Not everyone welcomes the new addition to the troupe as Jack Rabbit and Maggie Mouse plot to evict Thunder. The situation gets worse when the magician lands in hospital and his scheming nephew sees his chance to cash in by selling the mansion. Our young hero is determined to earn his place and so he enlists the help of some wacky magician's assistants to protect his magical new home. Thurs, Oct 2: 10.25am, 12.01pm; Fri, Oct 3: 10.25am, 12.01pm; Sat, Oct 4: 10.25am, 12.01pm; Sun, Oct 5: 11.25am, 1.15pm; Mon, Oct 6: 11.25am, 1.15pm; Tues, Oct 7: 10.25am, 12.01pm; Wed, Oct 8: 10.25am, 12.01pm; Thurs, Oct 9: 11.40am; Fri, Oct 10: 11.40am; Sat, Oct 11: 11.40am; Sun, Oct 12: 12.30pm.

## Gone Girl

(CTC) Drama, thriller starring Ben Affleck, Rosamund Pike, Missi Pyle. Director David Fincher (The Social Network) adapts Gillian Flynn's bestselling mystery about the murder of a woman (Rosamund Pike) on her wedding anniversary, and the whodunnit investigation - centering on the woman's husband (Ben Affleck). Thurs, Oct 2: 3.55pm, 8.30pm; Fri, Oct 3: 3.55pm, 8.30pm; Sat, Oct 4: 3.55pm, 8.30pm; Sun, Oct 5: 3pm, 8pm; Mon, Oct 6: 3pm, 8pm; Tues, Oct 7: 3.55pm, 8.30pm; Wed, Oct 8: 3.55pm, 8.30pm; Thurs, Oct 9: 12.55pm, 6pm; Fri, Oct 10: 12.55pm, 6pm; Sat, Oct 11: 12.55pm, 6pm; Sun, Oct 12: 2.15pm, 5pm; Tues, Oct 14: 6pm; Wed, Oct 15: 10.30am\*, 4.45pm, 7.15pm.

## Teenage Mutant Ninja Turtles

(M) Action, adventure starring Megan Fox, Will Arnett, William Fichtner. The city needs heroes. Darkness has settled over New York City as Shredder and his evil Foot Clan have an iron grip on everything from the police to the politicians. The future is grim until four unlikely outcast brothers rise from the sewers and discover their destiny as Teenage Mutant Ninja Turtles. The Turtles must work with fearless reporter April and her wise-cracking cameraman Vern Fenwick to save the city and unravel Shredder's diabolical plan. Thurs, Oct 2: 6.30pm; Fri, Oct 3: 6.30pm; Sat, Oct 4: 6.30pm; Sun, Oct 5: 5.30pm; Mon, Oct 6: 5.30pm; Tues, Oct 7: 6.30pm; Wed, Oct 8: 6.30pm; Thurs, Oct 9: 6.30pm; Fri, Oct 10: 6.30pm; Sat, Oct 11: 6.30pm; Sun, Oct 12: 5.30pm; Tues, Oct 14: 6.20pm.

## The Judge

(CTC) Drama, comedy starring Robert Downey Jr., Vera Farmiga, Leighton Meester, Vincent

D'Onofrio, Sarah Lancaster, and Robert Duvall. Comedy from the director of Wedding Crashers, starring Robert Downey Jr as a big city lawyer who returns to his hometown for his mother's funeral only

to discover that his estranged father, the town's judge (Robert Duvall), is suspected of murder. Thurs, Oct 9: 10.10am, 3.45pm, 8.30pm; Fri, Oct 10: 10.10am, 3.45pm, 8.30pm; Sat, Oct 11: 10.10am, 3.45pm, 8.30pm; Sun, Oct 12: 2.45pm, 7.45pm; Tues, Oct 14: 8.45pm; Wed, Oct 15: 1.45pm, 4.30pm, 7.30pm.

## Charlie's Country

(M) Drama starring David Gulpilil, Peter Djigirr, Luke Ford and Bobby Bununggurr. Blackfella Charlie is getting older, and he's out of sorts. The intervention is making life more difficult on his remote community, what with the proper policing of whitefella laws that don't generally make much sense, and Charlie's kin and ken seeming more interested in going along with things than doing anything about it. So Charlie takes off, to live the old way, but in doing so sets off a chain of events in his life that has him return to his community chastened, and somewhat the wiser. Commences October 17.

## Before I go to Sleep

(CTC) Mystery, thriller starring Nicole Kidman, Mark Strong, and Colin Firth. Directed by Rowan Joffe. Before I Go To Sleep is a psychological thriller based on the worldwide best-selling novel about a woman who wakes up every day remembering nothing – the result of a traumatic accident in her past – until one day, new terrifying truths emerge that force her to question everyone around her. Commences October 17.

## Fury

(CTC) Drama, action, war movie starring Brad Pitt, Shia LaBeouf, Logan Lerman, and Michael Peña. Directed by David Ayer. Fury is set at the very end of World War II, in April 1945. As the Allies make their final push in the European Theatre, a battle-hardened army sergeant named Wardaddy (Brad Pitt) commands a Sherman tank and her five-man crew on a deadly mission behind enemy lines. Outnumbered and outgunned, Wardaddy and his men face overwhelming odds in their heroic attempts to strike at the heart of Nazi Germany. Commences October 24.

## Pride

(CTC) Comedy, drama starring Bill Nighy, Andrew Scott and Dominic West. Inspired by an extraordinary true story. It's the summer of 1984, Margaret Thatcher is in power and the National Union of Mineworkers is on strike, prompting a London-based group of gay and lesbian activists to raise money to support the strikers' families. Initially rebuffed by the Union, the group identifies a tiny mining village in Wales and sets off to make their donation in person. As the strike drags on, the two groups discover that standing together makes for the strongest union of all. Commences October 26.



## A free school bus. Worth investigating

Investigator College, a leading independent school that covers a broad area from Mount Barker to McLaren Vale, has acted decisively to tackle local transport concerns by introducing complimentary bus services for their students to-and-from the College each school day on a trial basis in 2015.

This follows significant study by the college over the past 12 months on the impact of the transport shortfall within the region. Among the problems clearly identified were accessibility, cost, an increase in road use, congestion at intersections near the College, crossing safety, and afterschool care demands.

The investigations left the College board with little doubt that, with such a significant proportion of students already using these services and the absence of additional services, there was a need to trial the free bus service. Investigator College principal, Don Grimmer, said the College had taken the matter to heart as this initiative would go a long way in supporting our current and future families.

"The complimentary services will help to manage the issues of road safety and infrastructure, which

have not been upgraded since the College was established and have been unable to match the growing demands of access and safety," Mr Grimmer said.

"The services will also support the development of the College's new Senior School, which is being constructed on the grounds adjacent to the Victor Harbor Campus – giving families throughout the region greater accessibility to choices in education for their children." Since establishing in 2002, Investigator College has facilitated user-pays morning and afternoon bus services, and currently coordinates more than seven buses transporting in excess of 350 students from across the region including as far as Cape Jervis and Strathalbyn, and locally.

The College acknowledges there may be significant interest in the service, from both current and prospective families, and is now collecting data to review existing and to establish suitable bus routes. It is encouraging those who may be interested in accessing this complementary service to contact Julie Brentson on 8555 7511 so they may contribute to the collation of this information.

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Brayden Mann is a bright 16-year-old student from Investigator College whose topic in this year's Victor Harbor & Port Elliot Lions Club NAB Youth of the Year Quest was a reminder for all of us to...

# Stop and smell the agapanthus

**A**BC radio's Peter Goers can be a mischievous character on air at times. In one breath describing Victor Harbor as "The agapanthus capital of the world", then after a sip referring to it as "God's Waiting Room".

The many avid city listeners grasp his every word, perhaps conjuring this decrepit vision of our community. It's just entertainment, and beneath this charade lay a fine, talented gentleman.

There is, of course, a different side to our south coast with 3000 students nearly all with character and vision delivering Australia hope. What really is special is that we have a service club in Lions with its fair percentage of retirees looking beyond the rows of agapanthus and discovering some amazing talent amongst our youth. There is no generation gap, as Peter may believe.

The link is the Victor Harbor & Port Elliot Lions Club NAB Youth of the Year Quest, which brings together representatives of our senior schools to be judged on their academic level, leadership, sporting and community involvement, plus public speaking ability.

Incredibly, it started in Queensland 50 years ago, and this is the 30th year our local club – celebrating its 45th year – has participated. Rodney Lush, who won our first final in 1983, is a successful farmer in Coombe, in the South East, while 2005 winner Barbara Klompenhouwer, our only state finalist, is manager of an international agency that assists the underprivileged.

This year 17 students between Victor Harbor High School – which has entered students every year – and Investigator College were tested and asked impromptu questions by a panel consisting of Peter Francis, Heather Cochrane and Valerie Wyld, with seven students reaching the final on September 12 and speaking before judges Marilyn Connor, as manager of NAB



Investigator College students Brayden Mann (left), who won overall award, and Ashley Penny, who won the award for public speaking.

Victor Harbor, deputy mayor Pat Chigwidden, Pip Burfield and Max Lane.

Investigator College provided the overall winner Brayden Mann, and Ashley Penny, who won the award for public speaking. They will now compete at regional level aiming for district, state and national level. The other finalists were Kiara Wiese, Ambrose Willoughby, Zoey Wade (Investigator College), Samuel Byrne and Nadi Cox (VHHS). All very talented.

This is far from "just another competition" and the significance is not missed by NAB – which is in its 17th year of sponsorship of the program – Lions, schools, plus students and their parents or carer. Once again, this year's

finalists delivered sincerity and eloquence with their five-minute prepared speech topics that should remind everyone that this region is indeed gifted with young talent.

Among the varied topics discussed was Sylvester Stallone by Ambrose. Unusual choice, we suggest, and one tried to imagine 'Sly' delivering something with such poise and anything resembling normal speech. Yet, it was an incredibly touching presentation as Ambrose spoke of Stallone's teenage homelessness and general early life struggles, and how he refused to let go of his dreams.

Continued P13

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Celebrating achievement (from left) Victor Harbor deputy mayor Pat Chigwidden, quest chairman Fiona Picotti, Ashley Penny, Samuel Byrne, Nadi Cox, Brayden Mann, Zoey Wade (front), Ambrose Willoughby, Kiara Wiese, judges NAB Victor Harbor manager Marilyn Connor, Max Lane and Pip Burfield, and MC Allan Manning.

From P12

Probably few in the hall knew of the deformity that makes Sly talk like he does. It was yet another example of today's youth breaking down prejudices set by earlier generations.

Brayden's topic focused on taking up opportunities, and it was a remarkable story. He talked of the opportunity to go scuba diving, starting with training at Encounter Lakes, and as per requirement had the basic health check. This was March 29 this year, only weeks before his 16th birthday. On July 2 he was fighting for survival in the brilliant Calvary cardiology care unit.

Brayden, a Year 11 student, explained that after his initial dives it was discovered he had an irregular heartbeat. Simply, the right side was beating six times to once on the left, instead of being balanced.

"It was discovered that I was born with a 3cm hole in my heart," Brayden said. "I had played basketball and football and other sports since I was seven and there was never any sign that something was wrong, although I did not have a lot of stamina. It seems I wasn't getting enough oxygenated blood which meant my body needed to work harder.

"I was told that had I not been checked the damage would have soon been irreversible and I may not have survived for too many years longer. I was basically given another shot at life because I took the opportunity to go scuba diving; the chance to appreciate life."

Brayden story is not a 'feel sorry for me' line, but a reminder that no matter how young and

old we are life can be too short so we must make the most of every opportunity.

"I am, so grateful for being able to take part in the Youth of the Year quest," he said. "Everyone appreciates the support NAB has given the award. It's given me a shot to tell my story. It's given me confidence and I am sure it will help me in my career path."

Brayden's cardiologist told him he could not play sport for three months. Last night (October 1) was the big moment he was due to return to the basketball court playing for the Lakers. No one would have been more proud, indeed relieved, than his very supportive mum and dad, Arna and Grant, and sisters Kiara, 19, and Makayla, 12.

This year's quest was put largely put together by the Lions' local quest chairman Fiona Picotti, with enormous support of other club members. It was her idea to celebrate the 30th year her Lions club has been involved in this program by having a shield made with names of all the winners. The shield will be displayed at Investigator College for 12 months, when Brayden will hand it on to the next recipient and so on.

Some may see it as just another shield; just another competition, but may we be like that American singer-songwriter Mac Davis who 40 years ago this year wrote *Stop and Smell the Roses*, meaning take time and to remind yourself about life. Okay, for Pete's sake we will smell the agapanthus. **CL**



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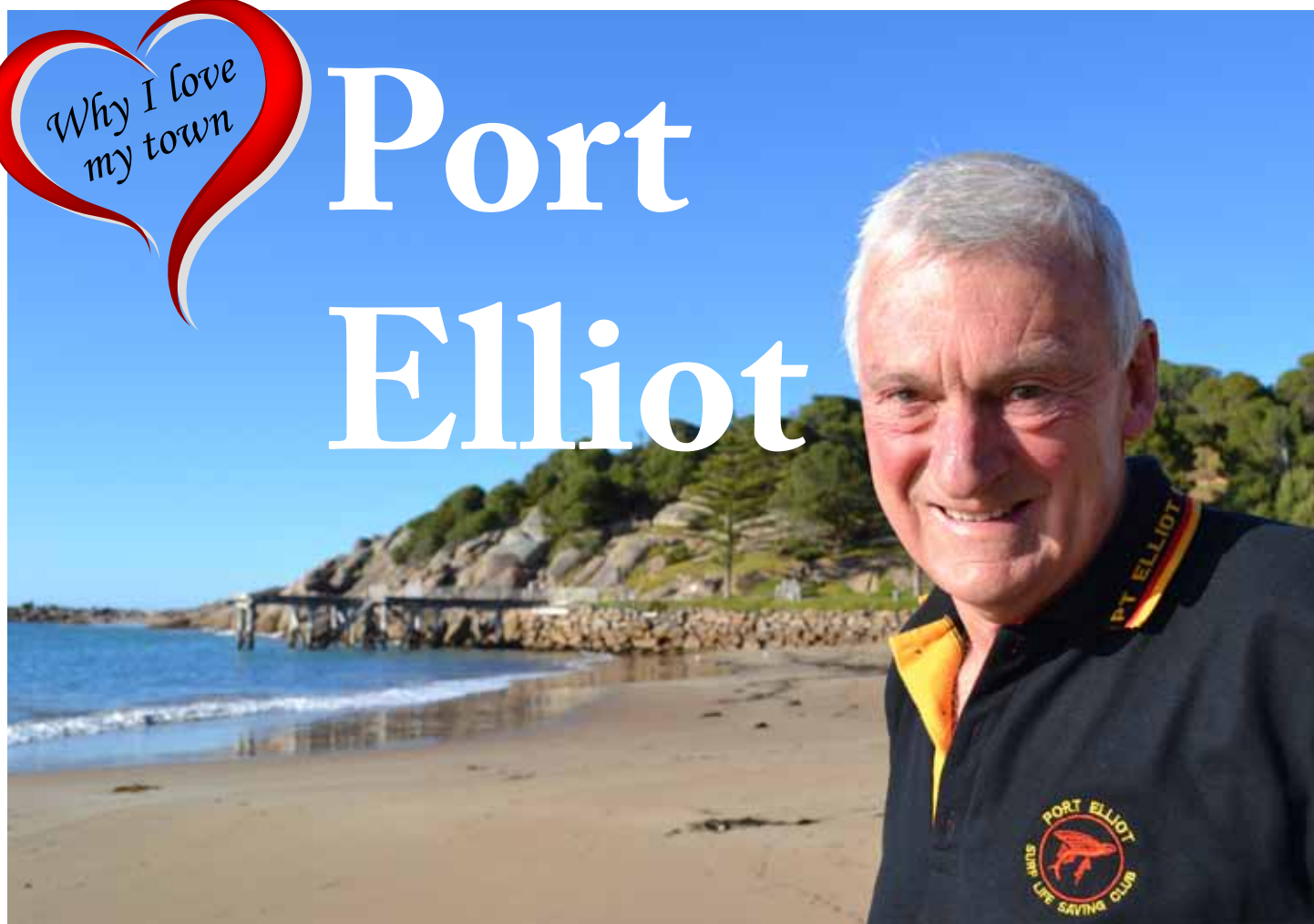


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# Port Elliot



If you look at our masthead on the front cover of your magazine you will notice houses on the hill. They're at the top of The Strand, Port Elliot, and where internationally-acclaimed film director Scott Hicks lives away from the fame surrounding the Hollywood sets.

The actors are further down the road in the front bar of the Elliot Hotel, great characters like Lefty, JC, Mully, Willow and much later the animated kind. Closer to the main stretch you see the romantics at the coffee shops and the pie lovers of this world at a classic bakery.

The thing is, they're all the same. In Port Elliot, you could be a passing star of Hicks' forthcoming release *Fallen*, a romantic fantasy film, or one of the thousands of people who journey to the nearby caravan park, and nobody knows. If fact,

nobody cares; in this town everyone is busy enjoying life.

According to Colin Silby, who has always resided here, this simplicity is merely one of the many things that make Port Elliot an amazing place. Most of all, Colin has seen people from all backgrounds in some way living their life through the stunning beauty of Horseshoe Bay, which has kept drawing them back. Having been reared in his parents' guest house, *Maryland*, which was a 90-second sprint from the back door to the waves, given so much to surf lifesaving over 47 years, and seen young people develop through his role as a schoolteacher and counselor at Victor Harbor High, his knowledge and understanding of the community within postcode 5212 is clear.

He paints a remarkable picture of pride and hope, indeed gratitude. No one could love this town more than Colin Silby, but he talks only of what the town has given him and so many others – a special way of life. With his wife Deirdre, better known as 'Cookie', he believes he shares something special.

Colin's late father, Joe, and his close mate Cliff Barton, were the first lifesavers in Port Elliot having established the Port Elliot Surf Life Saving Club – then under the auspices of the Royal Life Saving Society – in 1932, and both received meritorious awards for bravery and rescue work in the foundation days.

Continued P15

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“

*This is a town flush-full of heritage. Not constructed; it's been kept with care and love, and a sense of genuineness about it. Take the quaint council building opposite the Institute; it's just sensational."*

– Colin Silby (pictured left)

From P14

"I remember Dad talking about surf lifesaving being traditional and probably militaristic in a lot of ways with men wearing uniforms linked to patriotism with their pressed flannel pants and striped blazers," Colin said. "Women were involved in surf lifesaving here originally, but after World War II it took another four decades for them to reemerge.

"I also remember longing to turn 16 so I would be old enough to join the Port Elliot club in the days of using a reel line and belt and marching down the beach."

Now 64, Colin has been a patrolling member since the summer of 1966-67. He still swims most nights of the week, braving the icy-cold water in the winter, in between running and cycling. It follows many years as a jet boat driver and surf rescue worker for the club, plus 17 years in helicopter rescue.

He has stepped back from club administration including as vice-president and club captain during his 20 years on the committee, which he views as positive. "It's a wonderful thing to see young people come in and take on key roles," he says.



"I enjoy connecting with young people with whom I see here at school, and seeing them in a different shared experience at the surf club. Surf lifesaving is an effective builder of young people, a terrific way they can develop as individuals, human beings, and as young men or women in the making.

"Surf lifesaving here has been a wonderful thing for families. It's a bit like a big extended family and it follows the idea, not by intent, that it takes a village to raise a child, as that old African proverb goes.

"Being a school counselor I am constantly reminded why I have a lot of faith in today's youth of Port Elliot; very much so. I think young people I connect with today are a fabulous, dynamic and a really interesting group. They have got an open and enthusiastic view of the world, and most of them share a genuine

fondness for our local area and want to do the right thing by it and all concerned.

"By and large, they will become very good citizens; they want to be the best person they can be."

Colin resisted numerous opportunities for advancement within the education system to remain close to Port Elliot, and compromised by teaching at Strathalbyn for 20 years. But it seems that sooner or later, people come back here to live, and Colin returned to teach at Victor Harbor in 1993.

"The thing that kept dragging me back on the coast was lifestyle," Colin said. "I find it extraordinary, and Port Elliot is the jewel in the crown of our coastal life. It's got a range of things.

Continued P16



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# PORT ELLIOT

## 5 2 1 2

Established: 1852

Location: 84km from Adelaide

Population: In 2011 there were 1968 people of which 49.6% were male and 50.4% female.

**History:** Horseshoe Bay was proclaimed a port in 1851, and the town was named Port Elliot in 1852 after Charles Elliot, the Governor of Bermuda, who was a close friend of then Governor of South Australia, Sir Henry Young. The location was known as Frenchman's Knob. The port was used to

provide a safe seaport for the Murray River trade, with goods and passengers carried to Goolwa on the first public railway in Australia, completed in 1854.

**Real estate:** Rob Heaslip, co-principal with Peter Hooper of leading Fleurieu Peninsula real estate firm South Coast Realty, says:

*"In 2008 when the Global Financial crisis hit obviously the overall real estate market declined, but there have always been hot spots in the state. Port Elliot has been widely known as one of them, especially on the coastal side of the main road. Even though across the board we saw a downturn in market prices, Port Elliot held its own and still does."*

*"Anyone who is looking for good value or investments Port Elliot seems to be the place."*

*The streets are very tight and the people enjoy walking everywhere - much like Handorf. There is that special feel. You can live two streets away from the main stretch and it can be so quiet.*

*"The popularity of this town is not only because of the hustle and bustle down the busy streets, but Horseshoe Bay, which is stunning. You can park anywhere in the area and walk to everywhere; it caters for tourist hospitality and for local residents. The businesses in Port Elliot do it well."*

*"People dream to move here, and there a value buys. You have beaches, trendy shops, old-style shops, character... it ticks all the boxes when it comes to real estate. This really is a special place."*

From P15

"Ever since its days as a shipping port it has focused around the beach and a little harbor. Even in those days people noted that in summer you frequently got maximum temperatures 6-8 degrees cooler than Adelaide... it's milder.

"Horseshoe Bay itself is a treasure. It is a wonderful place for recreation for those who swim. It is unique because people who want to be more daring can surf around the far end. It's been a classic family beach that is protected.

"You've got the caravan park; so many come here so many years in a row to the same site. They become part of the town; they connect. The park is on the best real estate coastal wise anywhere you will find in Australia.

"Port Elliot oozes charm. It's a walking town, which was first noticed and cherished up until the 1960s when people traditionally came to Goolwa, Port Elliot and Victor Harbor by rail. It was an era of guest houses and they could virtually get around to do everything they wanted to do, like a convenient walk to a pristine beach along a cliff path while enjoying that coastal ambience. It is unsurpassed.

"It was a low-cost holiday in the old days - high fun, high enjoyment, relatively safe for people



War memorial and original Council Chamber

who wanted to go on to the beach. And do you know what? Nothing much has changed.

"Port Elliot has got incredible charm. The streetscape... if you stand above the railway line and look down The Strand it has remained largely unchanged since before the 1900s. Not only has it been maintained, it still has its rich heritage; it hasn't been overburdened by anything multi-storey.

"The wonderful thing is that successive generations have come to Port Elliot and appreciated and maintained that charm and unique streetscape heritage.

"You can go to Port Elliot any time of the year



The House of Characters... the Hotel Elliot.

and see people out browsing, having a coffee, enjoying the delights of a bakery. It is an escape for people from Adelaide and it is accessible.

"This is a town flush-full of heritage. Not constructed; it's been kept with care and love, and a sense of genuineness about it. Take the quaint council building opposite the Institute; it's just sensational.

"There have been additional attractions in recent times, but people still come to Port Elliot for much the same pleasure as they did in the 1900s. Over the last 10 years more and more people have come here largely because whale watching has under-pinned the idea of winter tourism. The history, excitement and charm of the old steam engines passing through the town is special.

"The coast, right along, is just as charming in winter as it is in summer. I love experiencing the transitions from season to another in Port Elliot, and with each example of attractiveness you feel alive."

Indeed, Port Elliot has everything that you would want in a town. There are few places in Australia with a better setting for a restaurant/café hub than the Flying Fish on the foreshore as the lifesavers, whales and life passes you by. The adjacent bowling club has that spectacular seaside offering too, all beneath the gardens of remembrance where weddings have also been unforgettable.

There's a lot to love about this place, and if you're ever looking for a life experience join Lefty, JC, Willow and the rest of the crew who like to be a star at the front bar of the Elliot on a Friday night. Not even Scott Hicks would know what scene to shoot first. **CL**

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# Your bank caring in our community

The charter of the Goolwa & District Community Bank has always focused on supporting the community whenever and wherever it can, and now it has taken yet another extra step.

The staff have gone beyond the call of duty again by holding another community fundraiser, this time a barbeque on two days in support of the magnificent Sandpiper Lodge, which is based in Washington Street, Goolwa, and is one of many Southern Cross Care facilities that are helping their residents along positive pathways to ageing.

Incredibly, \$1856 was raised, with all proceeds going toward Sandpiper's dementia program. Equally important was that more awareness was raised in regard to finding difficult solutions to help those with this growing medical problem.

The wonderful thing about this event was that numerous people who chose not to devour the best sausages and beef patty hamburgers tasted here for decades still made a kind donation, none of which were too small.

This wasn't about promoting the Goolwa & District Community

Goolwa & District  
Community Bank® Branch



Bendigo Bank, simply a means for our community to show those who have dementia, and to their family members and friends, that they are not alone and everyone cares. Thank you to everyone, especially the volunteers.

Southern Cross Care (SA & NT) chief executive officer Andrew Larpent described the fundraising event as a fantastic example of the community supporting its people. "Our vision is to provide the best services possible for the region, and the support of the Goolwa & District Community Bank and members of the community is much appreciated," Andrew said. G&DCBB manager Michael Bastian said everyone was only too pleased to conduct the fundraiser because Sandpiper Lodge itself was playing a big part in helping the community. He also thanked those involved – the staff, and sponsors including 90 Mile Wines,



and Rotary Club of Goolwa which provided the barbeque, and the CFS members and other volunteers who did the cooking.

"It was a great team effort for a wonderful cause," Michael said.

Proceeds will allow Sandpiper Lodge to upgrade a garden within the magnificent complex and continue important therapy programs like poetry reading, art classes, memory support activities, day trips in the Southern Cross

bus, a brew your own beer men's group, and craft classes.

The success of the event held in Dementia Awareness Month made everyone involved feel good. It's what the bank does best.

**Pictured:** Goolwa & District Community Bank manager Michael Bastian presents a cheque to Southern Cross Care Sandpiper Lodge residential services manager Sherry Lawson.

## Helping your local business grow more

The Goolwa & District Community Bank's commitment to support local business will continue over the next 12 months. After presenting a successful series in conjunction with the Southern Alexandrina Business Association based on the theme "Helping your business grow", the bank has extended its commitment by hosting a new format involving three half-day seminars.

The first will be on Tuesday, November 18 from 8.30am-noon relating to using social media in your business – and it's a hands-on session to allow you to set up your own social media accounts to help maximise your business plan and marketing. Importantly, it will be a great insight into the most successful examples of content within the messages sent to potential and existing clients.

The second seminar will be on

Occupational Health & Safety logistics and requirements on February 17, 2015, and the third relating to business practices and methods on May 19. The venues for all three seminars will be confirmed shortly.

In addition to these sessions, there will be another program launched for a business people at night. Everyone may attend both programs, but they are free to SABA members.

The G&DCBB believes that by supporting these business educational seminars local businesses will have a better chance of not only surviving, but becoming more successful in an ever-highly competitive and challenging environment. It is a team-building structure to support our community.

Enquiries: SABA president Andrew Stewart. e: president@saba.org.au

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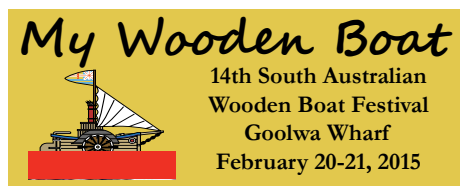
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# How a wooden boat can change your life



Jenn Cole called it a life changing experience... in 2003 hitting a kangaroo just outside of Mount Compass on her way to The Marina Hindmarsh Island to stay on boat with friends.

She sat there shaking in the car, and thinking of another friend, aged 44, who sadly had just died of breast cancer. It was the realisation that life can be so short.

That night, Jenn saw a sign at the marina: *"The next kilometer could change your life"*. She turned around and saw this little boat for sale.

"I just fell in love with it," Jenn said. "It was my first wooden boat, a tiny thing called *Laura*. I had never owned a boat before. I knew nothing about boats. It was one of those weird moments; something you would expect to find in a *Reader's Digest*."

"The next day I saw this advert for the SA Wooden Boat Association saying it was having a meeting that night. I rang them, and said 'I've just bought a wooden boat, and I don't know anything about them'. They said come along to the meeting."

"I did, and I kept going to the meetings because I'd say, 'look guys, I've got this problem; I need to replace this or that'. They would all get together to either do the work or tell me what I had to do. I have since found that very typical of people who own a wooden boat; it's always about the boat, and I love it."

Before long Jenn was hooked on wooden boats and was president of the association for a few years.

"*Laura* was a low cabin cruiser only good enough for two people who knew each other very well," Jenn said.

"I decided I needed a bigger boat. I went to the Wooden Boat Festival in 2003 and there was *Nymph* in all her glory... a classic river cruiser 24 ft. long with a 7ft beam, and a hull made from Jarrah. I bought her from Robert Bowering, of Manumn, who found her in a paddock in the Riverland and restored her in 1997."

"This is what wooden boats do to you," Jenn said. "They bring the imagination out of you and you just have to buy them."

"The thing that attracted me to a wooden boat



Jenn Cole aboard *Nymph*, a classic river cruiser. Note the old Ailsa Craig engine below.

– and it's what I still love about them – is that you don't get on the boat and jam a key in and rip the motor into gear and off you go. With *Nymph*, there is a time line; you need to get on board, roll up the sides, prepare the boat put the flag up, prime the motor, get everyone on board, get the ropes and so on. All this preparation probably takes you three-quarters of an hour, but that's the fun of it.

"The maintenance has been a labour of love, but that's like any boat. It's why they are called a boat – *Bring Out Another Thousand*. You work hard and spend money to keep them maintained but everything is worth every cent. "The guys have helped me with the work on the boat and I have done some. I learnt to strip the engine and make gaskets and how it all worked. "I grew up on a river at Templestowe, Victoria, and my father (Alan), who was a Navy man, used to take me out in his little runabout. When he passed away (aged 96) I thought it was fitting to buy this boat. He would have loved it, and I know he would be proud of me right now."

Jenn's reward was *Nymph* winning a prize for the best cruiser to eight metres at the 2013 South Australian Wooden Boat Festival at Goolwa Wharf. It was suggested *Nymph* was built in 1900, but Jenn believes in the 1920s based on old photographs.

She will spend this long weekend doing the usual maintenance thing; painting here and there. It seems a gasket might need replacing,



but overall the engine is still humming. It's an Ailsa Craig engine manufactured in 1929 at the Strand-on-the-Green, Chiswick, in West London, and according to Jenn enough to go putt putt up the river doing 6 knots.

"Cruising up the river in a wooden boat is another era. There is that old worldliness of just taking your time."

**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.**



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## Laugh Lines

### Near misses

A shearer walks into a bar in an outback pub and gets served by one of the toughest blokes he has ever seen – tats, unshaven, sweaty and wearing a grubby black singlet.

The shearer just stares at him. The barman says: "What the flamin' crows do ya' think ya' lookin' at mate?"

The shearer – a tough bloke himself – starts shaking. He says: "I just can't get over the likeness. It's a truly remarkable resemblance. In fact, if it weren't for the moustache..."

The barman stops him right there. "What ya' mean moustache; I haven't got a moustache." And the shearer says: "Yes, but my wife has."

### Bad habit

Three guys from Victor Harbor are in a boat with four cigarettes. They have no matches or anything and are trying to come up with a way to smoke.

"I got it!" one shouts as he throws a cigarette overboard.

His mate says: "What did you do that for?"

And the guy says: "To make the boat a little lighter."

### Drink problem

Dick the barman can cope with the after-work rush because everyone in the town drinks beer except one bloke – the town's doctor who, as regular as clockwork, orders an almond dacquiri.

One night, the pub is much busier, and Dick sees the good doctor pushing his way through the crowd and realises that he has ran out of almonds.

Quick as a flash Dick finds some hickory nuts, crushes them, and has the doctor's drink ready by the time he gets to the bar.

The doctor starts drinking it, and says: "This is not an almond dacquiri Dick!"

And Dick says: "No, it's a hickory dacquiri, Doc."

### Boom, boom...

What did the big cat say when he read a Laugh Lines joke. Stop making me laugh... you will make me puma pants.

### Oh, the shame

A bloke brags in the pub about his wife saying how good and well natured she is at all times. He tells them: "She is such a good person with high morals that she doesn't like me to say four-letter words."

The blokes in the bar are stunned. One says: "Do you mean to say she really doesn't like to hear them?"

The husband says: "Yes. The other day I said a few four letter words and she was shocked."

The bloke asks: "What did you say?" And the husband says: "Cook, wash, dust, iron."

### You old dog

An elderly lady goes to the doctor seeking some advice about the antics of her husband. She tells the doctor: "He's always looking at pretty girls and wandering off after them."

The doctor says: "Well, it's hard to stop men admiring pretty girls."

The wife says: "Yes, but my husband is 82 years old."

The doctor thinks about it and says: "Let me put it this way. I have a little fox terrier that chases cars. What would happen if it caught one?"

### Below par

A middle-aged couple have played golf for most of their married life. One night over a romantic evening meal she says: "If I die before you will you get married again?"

The husband says: "I guess so."

She asks again: "Would you play golf with her?" And he says: "I guess so."

And she asks again: "Would you take her to our club?" And he says: "I guess so."

The wife starts to get a bit upset. "Surely you wouldn't let her use my clubs?"

And the husband says: "Of course not, she is left-handed."

### Dad jokes...

**Why do dragons sleep during the day?** So they can fight knights.


**What gets wetter the more it dries?** A towel.

**Why couldn't the pirate play cards?** Because he was sitting on the deck.



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# Lakeside Goolwa

Advertorial

## update

Vol. 2, No.8 October, 2014

## The times, they are a changin' – fast!

There is so much happening at the moment here at Lakeside Goolwa it is hard to keep up! Here are just some of the exciting changes that have been happening in the last few months:

- This month we welcomed two more residents to Lakeside Goolwa to the two recently finished homes. With more homes either under construction or due to start soon there is limited space left in Stage 1.
- The new Lakeview Function Centre was unveiled at the Lakeside Goolwa Leisure Day. Our residents have been taking advantage of the table tennis table, pool table, darts board, indoor bowls and card table at their regular Happy Hours.
- Work has begun on the entrance to the Lakeview Function Centre to transform it into the new Lakeside Goolwa Show Room and provide a grand entrance to the communal facilities.
- Construction work is going to commence soon on the indoor/outdoor swimming pool with completion



Wow! Look at those red spots on the village map... they're the houses that have already been sold!

expected sometime in the first half of next year.

- The Show Home is now available for purchase for occupation

immediately. This exciting development means that for just \$300,000 you can purchase one of the prime locations at Lakeside Goolwa for Stage 1 pricing. As an added bonus this includes all the much loved furniture inside the home. We don't anticipate this will be available for long and will mean the construction of a new 3 bedroom Show Home will be underway soon.

- The communal veggie garden is under way and the residents are looking forward to getting some seasonal veggies in now while the weather is perfect.

### Save the Dates!



**Tuesday, Nov. 4:** Lakeside Goolwa Melbourne Cup Day... lots of fun to be had on the day including sweeps for the big race and more.

**Thursday, Dec. 11:** Lakeside Goolwa Christmas Lunch... come down for a Christmas feast and meet Father Christmas.

**Saturday, April 4 & Monday, April 6:** Lakeside Goolwa Easter Bowls Invitational... two days of fun filled bowls action at the Goolwa Bowling Club – no experience necessary! Please call Fiona on 8555 2737 for more details on any of these events and to confirm numbers.

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# Dingabledinga



David Jolly on one of his best mates, a 21-year-old palomino named Cody, supervising the early-morning workouts on Goolwa Beach.

**A**s young as 10 the Jolly brothers from Dingabledinga in the shadows of Kuitpo Forest were riding at picnic race meetings, but when a barely broken-in pony unmercifully dumped David onto a car bonnet he realised this caper wasn't for him.

At 16 he found his dream job of meticulously delving into the pedigree of thoroughbreds with bloodstock agents here and later overseas, while two years later when his brother Richard turned 16 he was hailed as one of our most promising jockeys having ridden Saratov to victory in the 1989 Perth Cup.

They are now both trainers enjoying success – Richard at Morphetville and David at Goolwa – and although long-time removed from those

treacherous picnic meetings that were banned here almost 20 years ago, the brothers won't have a runner in this year's Melbourne Cup either.

That's racing; the very lows and highs; not always about glam and glitter and sipping bubbly as some bloke blows the bugle to the tune of the *First Call* for the traditional parading of the runners. According to David, it's just a hard day's work.

In his real world, having a runner in the Cup remains a dream, but it's also far from being the only race on the program. To David, who has earned enormous respect among his peers, the racing industry itself is the thrill, and his every-morning alarm buzzing louder than

normal at 4.30 when the cold wind and rain pelts the beaches of Goolwa merely becomes part of the experience.

When many of us recover from the forthcoming Cup aftermath that stops a working nation, David will be tediously attending to his team of 25-30 in work.

Racing can be a tough game. Many a day he has taken the slow road home from a Melbourne city meeting, but always positive because he reminds himself of the good times, like the autumn of 2013 when his seven-year-old gelding Budriguez battled on like a boxer fighting well above his weight to dead-heat with then Melbourne Cup favourite Puissance De Lune in the Blamey Stakes at Flemington.

Later, Budriguez, the old gelding from Goolwa, and Puissance De Lune, the dashing grey stallion from Ireland, both went lame, which reminds us there is no class distinction in this game; a mix of kings and common trainers.

As David says, we only need to go down the road to a meeting at Strathalbyn to appreciate that racing is more than just a cup.

"Go there and you see blokes jumping through hoops straight after winning a maiden," David said. "I watch them and think, isn't that great? A smaller scale to the big races in Melbourne of course, but still a lot of work into winning that race."

Continued P23



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From P22

"Some trainers have only two horses so the odds say they're not going to win as regularly, but that's the beauty of this industry; these guys can still have a Melbourne Cup winner. Everyone has a chance.

"Every trainer would love to win a Melbourne Cup, but to me it's more about having a good horse and there are plenty of races for good horses. Besides, the Cup has changed; the Europeans have taken it over. It's harder for a local horse just to get into the race; we don't breed many stayers here in Australia these days so it's tougher again.

"We've have enjoyed a couple of wins springtime in Melbourne, and that is something. The whole of Australia seems to converge on Melbourne this time of the year and they're watching you; everyone wants to win there this time of the year. It's what makes you get out of bed at 4.30 every day.

"They say the harder you work the luckier you get, and it's so true in racing. Success makes you hungrier; you get that winning feeling and you want it all to go around again. I don't think there is a trainer that at any time has thought 'what I am I doing this for?' You have your tough times, but the next week you land a winner and you pull your socks up and suddenly there's spring in your step.

"You thrive on the pressure, but there are also the times when you have a bunch of horses with limited ability. It's cold and it's pouring, and the alarm goes off. You just think; make my day.

"We're at the beach four or five times a week. There is also the work on the training track across the road from here and we go to Strathalbyn (racetrack).

"The bigger trainers are the ones surviving; the smaller ones probably battle. Our team has been regularly in the top five or 10 for the state, but we have had our good and very lean years.

"Training down here at Goolwa is probably good for eight or nine months, but then the winter comes – because we're on the coast



***"You have your tough times, but the next week you land a winner and you pull your socks up and suddenly there's spring in your step."***

**– Racehorse trainer David Jolly**

you cop it a lot worse. It's a hard slog to get the horses fit, and keep them fit; they curl up in the winter. This is a good time of the year; they're on a rise and they tend to flourish. Late spring-autumn is good for us because of the weather. "I just love racing. I love the horses, and watching them develop. It's like having baby; you see them grow, or being a football coach and seeing a young lad develop. You take horses through stages knowing when to push them or back off. A lot of science has come into it, but in my mind it will never outweigh your gut feeling and the decisions based on what you see."

David said his passion for studying and researching thoroughbred bloodlines has been invaluable since gaining his trainer's licence in 1993, and he himself has pedigree lines in the racing industry.

His dad, Peter, turned from dairy cows at Myponga to training thoroughbreds with success, while David's grandfather on his mother's side, Bob Cowper, who is still doing

well at 92, also raced horses.

Bob was a Beaufighter pilot, completing numerous night missions for the RAAF during World War II, and David's love and respect for him is acknowledged through his racing colours – the RAAF symbol with a red dot in the middle of a royal blue dot with a white background.

David and his wife, Sandy – who plays a huge role in working the horses and the entire business – have two children, Sienna, seven, and Asha, five.

Sandy is from Parrakie, near Lameroo in the Mallee region, which means between their home towns they probably have

fewer residents than they have horses at their Goolwa stables.

It does, however, make it understandable why they were keen to leave training in the city and six years ago move back to the country at their Goolwa complex, which was first established by Ray Taylor in late 80s, and then Jeremy Gask.

"We love it here in Goolwa," David said. "To train here is unique; a great school nearby for the girls, a good lifestyle, and we can train the horses on the beach. There aren't too many places in Australia or even the world where you can do all that.

"I guess the best thing about training here is that when we win a race in Melbourne you can hear the cheers from the front bar of the Goolwa pub.

"We've tasted the success over there and it will happen again. It could be my most promising two right now, Alabama Missile and Street Car Isobel... you never know, and that's racing. There are another 12 or 15 on the way in pre-training at Finnis, and with each one you just hope this is the one that's going to be really special.

"I have had some good ones; Zip Zip Aray won the biggest race for me (2002 Goodwood Handicap), but it's always hard to go past Budriguez; he's nine now, and he's giving everything he's got to get back to his best. We'll see."

More than likely old "Bud" will win again; he's like that, a real trier. It won't be the Melbourne Cup, just a race that will stop a front bar at the local pub. **CL**

An advertisement featuring a large color calibration chart on the left. Overlaid on the chart is a dark grey banner with the 'Sadeign &amp; Print' logo and the 'NICSIGNS' logo. To the right of the chart, the text 'For a fresh approach to' is written in a light blue script font. Below this, 'PRINT &amp; SIGNAGE' is written in large, bold, white capital letters. Underneath that, '90 Hill Street, Port Elliot 5212' is written in a light blue sans-serif font. The phone number '8552 6606' is displayed in large, bold, white capital letters. At the bottom, the websites 'www.sadeignprint.net.au' and 'www.nicsigns.net.au' are listed in light blue. The background of the advertisement is black.



Graham Phillips with Millie (left) and Max.

## Make no bones about it; this really should be a dog's life

Graham Phillips and Jan Curzon will celebrate their fifth anniversary as owners of the Currency Creek Estate Winery next month, but rather than a cake there will be treats for Max and Millie.

They're the new boarders, and as much as they are all one big happy family right now, these adorable pooches will hopefully find a new permanent home.

Graham and Jan are long-time supporters of many groups and community organisations, and have proudly been foster parents to dogs from SA Dog Rescue. The passion to care for animals runs so deep they are holding a special silent auction/fundraising dinner for SA Dog Rescue on Saturday, November 1, and hopefully also find more homes for a number of these healthy dogs – and/or cats if you fancy the feline kind too.

"We like to think the dinner is also about creating more awareness for this wonderful organisation, and if people are looking to buy a dog they should consider one from SA Dog Rescue first," Jan said.

"The dogs are really well looked

after by SA Dog Rescue, and it's so easy to love them because they appreciate a bit of attention and kindness and give a lot back."

SA Dog Rescue is run solely run by volunteers and is very particular about the quality of the environment to which they are sent; everything is about acting in the dog's best interests. The organisation also has cat adoption. One of the great things about SA Dog Rescue is that it has a non-euthanasia policy, meaning it sometimes cares for dogs in foster homes as long as it takes to find permanent homes. Visit: [www.sadogrescue.com](http://www.sadogrescue.com)

The fundraising silednt auction/ dinner, with part proceeds going to SA Dog Rescue is at Currency Creek Estate Winery, Winery Road, Currency Creek. It's a 6.30pm for a 7pm start, and includes a three-course meal and live entertainment by Linda McCarthy. Tickets are \$59. Tickets and/or donations to SA Dog Rescue can be made by telephoning 8555 4013. Visit: [www.currencycreekwinery.com.au](http://www.currencycreekwinery.com.au) **CL**

# After 25 years Peter and Joy are on same 'team'

Peter and Joy Caldicott of Port Elliot (pictured on our front cover) have been married for 53 years and been bowling partners for 25 of them, but only now are they on the same "team".



Our local men's and women's lawn bowling associations have tied the knot and become one – the Great Southern Bowling Association representing 14 clubs in an exciting and extended competition.

Gone are the traditional men's pennants on Saturdays – it's open competition regardless of gender when the new season starts on Saturday, October 11.

And, while Thursdays are still set aside for women's pennants, there is a new Friday men's pennant competition under a different format – two pairs plus two triples players meaning there are 10 players to a side rather than the usual 12. Play is scheduled between 9.40am-1pm with a half-hour break, and it will stop on time rather than a set number of ends. Peter, 77, has bowled for 47 years, and remarkably has missed just five pennant matches – one when his son David had the audacity to get married in the summer. Joy, 75, has played for 25 years, and this couple, originally from Lenswood, joined the Port Elliot club when they moved there in 2001.

The Casldicotts have travelled the countryside and as far as Cairns playing in tournaments, so obviously lawn bowls has been a big part of their life. Peter quipped the associations combining was like getting married all over again. "We both love playing lawn bowls so much," Peter said. "We are able to play down here and in tournaments in other country towns and Kangaroo Island. You get to meet so many nice people; it's just a fun sport."

"Lawn bowls has enjoyed a huge revival, and television has a lot to do with that," Peter said. "When the old *Jack High* show was on TV



GSBA secretary Jim Roberts

it really brought new people to the game. Night owls has also been great for bowls."

Joy said the wonderful thing about lawn bowls is that while you have good competition you also share some great laughs. "It keeps you healthy both mentally and physically," she said.

Equal opportunities came into lawn bowls across the state seven years ago, and according to GSBA secretary Jim Roberts, the combining of our local men's and women's associations means a considerable less amount of administration work.

"It's good for lawn bowls," Jim said. "It is happening right across the state."

Jim, who has been in lawn bowls administration for 40 years, said the other positive step was the introduction of a computer-based system where clubs will enter their own results, much in the way most sports, particularly football, have done for a few years.

The newly combined Great Southern Bowling Association has 1500 registered lawn bowlers – plus numerous players who take part in the ever popular night owls competitions. And the days of just playing on e day mid-week and Saturdays have long gone – the sport has become so popular across the southern Fleurieu Peninsula there are organised competitions every day except Sunday.



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## It's time to spring into veggie action

It's spring time which means we can start thinking about planting some veggies. So how does your garden grow? Maybe not with silver bells and cockle shells as the nursery rhyme suggests.

We present some basic ideas to help get a veggie bed started and some veggies to consider growing. Raised beds are a very popular way to grow veggies. They're cost-effective, easy to set up and maintain, and provide good access to gardening for those with mobility problems.

Ensure you prepare your veggie bed by adding some composted material to the existing soil, such as cow manure lightly dug through or simply spread over the surface. Choose varieties of herbs and veggies that grow well in your area... your neighbours may be your best resource; ask them what they've had success with or try your local garden centre.

Most plants will need some attention – a good deep watering when needed and an occasional feed with a seaweed solution. It can take as little as an hour or so once a week, or if you are so inclined a happy few moments spent daily just keeping an eye on things.

**Garden tips:** When transplanting your seedlings into your garden bed water them in well with a light

seaweed solution. This helps to reduce transplant shock which is caused by root disturbance.

Some plants are very susceptible to transplant shock, which causes them to wilt and die off due to the plant not being able to access sufficient moisture through its damaged roots. The seaweed solution acts as a kind of tonic and helps promote root growth to help settle the plant in.

Pests can be a problem, and are best treated early so they don't completely wipe out a crop.

Generally, a garden that has been well prepared, and plants that are well tended will in most cases be tough enough to handle a little pest competition – it is worth noting that many plant pests can actually detect when a plant is stressed and will tend to attack only those plants that are struggling through either a lack of water or nutrient or through competition with weeds or other plants.

Try companion planting. It is well known in gardening that some plants prefer the company of certain plants and actually thrive when planted with their favourites. Try planting out your tomatoes surrounded by basil of all kinds (holy, Thai, opal and good old Genovese for pesto).

Speaking of tomatoes, this is a great time to get your seedlings in



**Left:** Consider one of these easy-to-make and cost-effective planter boxes. They're ideal for the smaller yard.

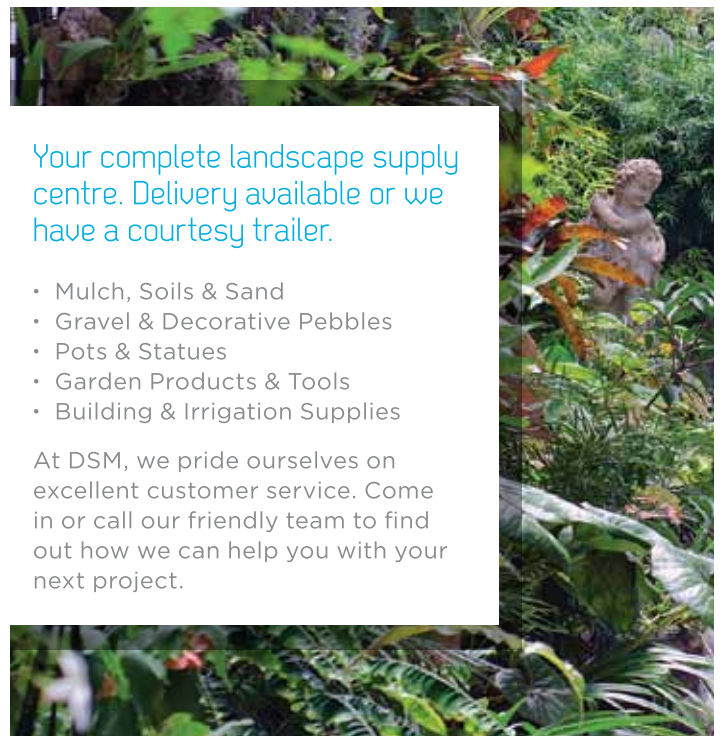
the ground and settled in before the heat of summer. Make sure you choose a variety to suit your needs such as Heirloom Varieties Mighty Red or Mortgage Lifter for their heavy crop, or try a Pot Roma which is a dwarf version of the popular saucing variety, or any of the smaller cherry type for salads all summer, and well into autumn try Honey Grape, Red Fig, Yellow Pear or a Cherry Ripe.

Peas and beans are a veggie garden staple; they grow well in small spaces needing very little

attention apart from staking. A little watering and feeding, and the bonus of being able to pick your own sugar snaps, snow peas or green beans for steaming, stir frying, throwing straight into a salad or just munching on while you do your gardening, is a real treat.

Leafy veggies are also a great addition to your garden beds. Try any of the 'cut-and-come-again' or loose-leaf styles that you can harvest the outside leaves and let them continue to grow... try Rocket, Kale, Spinach, Coral Lettuce and Oakleaf Lettuce to name just a few.

Make sure to cover your bed after planting with plenty of mulch to reduce water evaporation and weed competition and to keep the plant roots cooler during the coming summer months.



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## Mini Mushroom Bites

### Bases / ingredients

8-12 slices fresh, thinly sliced white bread  
2 tablespoons soft butter

**Method:** Coat the insides of the cups of a mini-muffin pan (1 x 24 or 2 x 12 mini-muffin pans) with the butter. Use a cookie/scone cutter (or an empty tin) to cut rounds from the bread slices. It needs to be about 4cm in diameter. You will need 24 rounds and will get at least 2, and possibly 3 rounds from one slice of bread. Carefully fit the rounds into the muffin cups, moulding the bread with clean fingers, to form little cups. Bake the cases at 180°C for 8-10 minutes, until lightly golden around the edges (do not overcook). Remove from the pan and let cool.

### Mushroom filling

4 tablespoons butter  
3 spring onions, finely chopped  
250g Portobello mushrooms, finely chopped

2 tablespoons plain flour  
1 cup thickened cream  
¼ teaspoon cayenne pepper  
1 tablespoon finely chopped parsley  
1 teaspoon dried chopped chives  
1 teaspoon lemon juice  
salt & pepper to taste

### Topping

2 tablespoons grated Parmesan cheese  
2 tablespoons Panko bread crumbs  
butter (optional)

**Method:** Place the butter in a frying pan, and melt over medium heat. When butter has melted add the chopped spring onions and stir for 3 minutes (without browning). Add the chopped mushrooms, and stir to coat with butter. Reduce heat and simmer slowly for 10-15 minutes, or until any moisture has evaporated.

Sprinkle the plain flour over the mushrooms, and stir gently to completely combine. Add the cream and stir while bringing to the boil. Reduce heat to a low simmer and cook a minute or two longer. The mixture should have thickened. Remove the pan from the heat and stir in the herbs, seasonings and lemon juice. Cool, then place in a covered bowl and refrigerate until ready to use.

When ready to serve, pre-heat the oven to 180°C. Place the bread cups on a tray lined with baking paper. Fill each cup with mushroom mixture. Combine Parmesan cheese and breadcrumbs in a bowl or cup, and sprinkle on top. A small dab of butter can be placed on each

one if desired. Bake in the pre-heated oven for about 5 minutes, or until slightly golden on top. Empty baked bread cups are suitable to freeze. They can be filled while still frozen and heated as per instructions – just increase the cooking time a fraction.

The mushroom filling is also suitable as a pasta sauce base. Makes 24 appetisers. Enjoy!

## Mum's Mayonnaise

### Ingredients

395g tin condensed milk  
1 cup white vinegar  
1 teaspoons dry mustard powder  
salt and pepper to taste

### Method

Whisk ingredients together, using a hand whisk, blender or shaker bottle. Place in a container with a sealed lid and refrigerate for three hours before using. Store in refrigerator. Especially delicious served with lettuce.



Mini Mushroom Bites

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## EAT WAVE *with Jenny*

### Yummy Dried Fruit Balls



#### Yummy Dried Fruit Balls

##### Ingredients

100g dried peaches or apricots  
100g sultanas  
100g pitted dates  
Grated zest and juice of ½ small orange  
Grated zest and juice of 1 lemon  
150g ground almonds  
sesame seeds  
desiccated coconut

##### Method

Place all the ingredients except the sesame seeds and coconut in a food processor/ Blend until smooth. Roll teaspoonfuls of the mixture into balls. Place coconut and sesame seeds in a bowl and roll the balls in the mixture until coated. Note: Raw cacao powder can be added to the mixture (adjust juice accordingly) or can be used for coating the balls.

#### Cranberry Sauce

##### Ingredients

175g dried cranberries  
½ cup brandy  
½ cup marmalade  
zest and juice of a large orange

##### Method

Place the dried cranberries in a heatproof bowl, cover with boiling water and set aside for 30 minutes. Then drain the dried cranberries and place in a saucepan. Add the brandy, orange zest and juice, and marmalade. Place the saucepan on low heat and simmer for 10-12 minutes - stirring occasionally - or until thickened. Set aside to cool. Place in a sealed glass container and refrigerate.

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