

Coast Lines

FREE

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RAA

A free Autism Conference *Connecting the Fleurieu* will be presented in Victor Harbor on Tuesday, June 30. Peta Bastian, one of the guest speakers, says her autistic son Sampson presents challenges for her family. But they love him dearly, and discovered...

Being unqiue is beautiful

Coincidentally, it was 23 years to the day that one of Peta Bastian's best friends, aged 17, was killed in a car accident in Adelaide. She spoke of her grief; a profound feeling of guilt that she too was a passenger yet survived. It was also a reminder for Peta that life is never exactly how you think it is going to be. "You can make all the plans in the world," she says. "But it will happen how it is meant to happen." It is why she places less importance on expectations of the future and lives for now.

Peta (pictured) said she was able to grieve and move forward because of reiki, described as transferring energy through the palms of the practitioner, which they believe encourages healing. Such was the impact that she became a master teacher of the Japanese alternative medicine, delved deeply into meditation and became a registered nurse.

Yet, for all of her skills and inner strength, nothing had prepared to handle the seemingly incomprehensible experience of a stranger telling her, and her husband, Mike, who live on Hindmarsh Island, that their four-and-a-half-year-old son Sampson had autism – everything that was wrong with him and how he would struggle for the rest of his life. At four months pregnant, it gave Peta a different meaning of fear; definitely a new form of grief.



But life is just brilliant now, and Peta is presenting her story at a free autism conference *Connecting the Fleurieu* at the Victor Harbor Civic Centre & Victor Harbor Gospel Centre on June 30 because she cares for families with similar challenges, and as one of 10 guest speakers wants to raise awareness of autism.

Sampson turned 10 this week and he's the most beautiful kid inside that anyone could wish for. Mike, who is manager of the Goolwa & District Community Bendigo Bank, and Peta, have two other boys, Jordan, 14,

and Billy five, and as a family have emerged from challenges remarkably well.

The inside-family joke is that Mike affectionately refers to them as the Bastian Circus because so often everything is happening, and Peta sees herself as needing to be the ringmaster. "It's nice," she says. "I've got to be on my game, have myself sorted and organised in the right frame of mind."

But there have been some incredibly tough times right since they watched Sampson struggle through tests to determine his level of autism. "I had this tunnel vision, trying to breath in a state of shock," Peta recalled. "There was a lot of sadness and tears."

"About a week later Mike said something really beautiful to me that helped changed how we saw everything. He said, you know what; Sampson has not

changed... he is still the same boy he was the day before we found out this news.

"It really struck me. Of course; Sampson hasn't changed. Someone has told me all this information about him. Okay, how can I make his world the best it can be? As a family, how can we survive rather than struggle?"

"I threw myself into learning everything I possibly could about autism for about two years. I looked at his diet; we immersed ourselves in therapies. It was in that time I realised I had buried my life in something."

Continued P3

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



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From P2

"Even though I was doing the best for my child I lost myself. My relationship with my husband suffered, I isolated myself from people, I wanted to protect Sampson and myself from other people's reactions to him... people who didn't know or love him. I did not want negativity around us.

"We sold our house, bought a caravan and set off around Australia. There is happiness out there, we thought. Oh my goodness, it was so hard. Your difficulties don't go away; they follow you, and they became more amplified with five in a caravan. The most difficult thing was that the sadness, the anger – all the emotions – followed and got worse. "But ultimately, all this adversity made us a closer family. We had really awful days, but we worked hard at it. We still have days where things don't work and we yell and throw our hands in the air – the Bastian Circus thing – but we make sure we talk to each other even when it is not easy. There is respect."

Peta believes her meditation and reiki practice, and a connection with herself, has helped the Bastian Circus overcome challenges and find a way of living and thriving in life instead of just surviving.

She describes herself as a soulful entrepreneur, and is founder of The Soulful Mama and director of Sistership Circle Australia. As the creator of her signature program *The Soul Journey*, Peta works one-on-one with women throughout the world, and is also the author of the *Goddess Guide to Self-Care* mini-eBook and creator of *Meditation Made Easy*, a six-week eCourse and eBook.

As with any family with a child who has a disability, there is strain on the siblings. "There has been that danger of not paying enough attention to the other boys," Peta said. "You try and control the world around Sampson so you are creating a nice, calm space for him, but in the end it doesn't do anyone favours because it doesn't help him cope with life.

"We have always been very open and communicative with Jordan. He is just an amazing young man; we are so incredibly

“

You try and control the world around Sampson so you are creating a nice, calm space for him, but in the end it doesn't do anyone favours because it doesn't help him cope with life.”

– Peta Bastian

proud of him. He is mature because he has needed to be. When he was younger he felt sad that he didn't have a brother to play with like other brothers do. It's just different. It is a struggle for Billy. It's hard for him to understand why we do things a certain way. "Sampson has his constant challenges. He faces sensory problems so he wears special ear plugs because he can hear all the noises we hear at once... he can't turn any of them down to just hear someone talking.

"The way he hears speech is like an auditing processing disorder; the way his brain processes the information he has been given creates confusion and anxiety, and the way he deals with that is trying to control everything so he does not have anything

unexpected or jump out at him."

However, Peta and Mike never stopped believing that Sampson was still that amazing and beautiful kid inside, and it took a schoolteacher at Encounter Lutheran to further bring out the best in his learning capacity.

"Before we sent Sampson there he wouldn't pick up a pen or pencil, but now writing and drawing are his favourite things to do," Peta said. "They care for him at the school; his teacher is just phenomenal; he has created an environment that Sampson can learn in. Sampson is intelligent; he just needs to learn differently.

"The one thing that Sampson has learned is that it is beautiful to be unique. You can't fit an autistic kid into the box that we all try to put each other in because they just can't fit. You learn that this is okay, and if he doesn't fit into the box one way then find another."

Other guest speakers on the free Autism Conference are: Mark LeMessurier, Emma Goodall, Lucia Smith, Robyn Young, Kirsty Wirth, Dana Baltutis, Katy Correll and Kristen Messenger. For more information, and to register, email Fleurieu Families kpomery@victor.sa.gov.au or telephone 8551 0501. ■

Front cover

Jake Tarca, of Victor Harbor, who will captain South Australia in the 2015 NAB AFL under-16 championships on the Gold Coast from July 4-11. He is also a member of a local academy squad that is developing both sport and life skills. Full story: P11



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The tour, presented by Jeff Rainsford, the owner/manager of Specialised Travel, departs via Singapore on Sunday, April 17 and returns Monday, May 2, 2016. It has been personalised to allow you to experience the beauty India has to offer. Some tours are about sightseeing with little focus on the accommodation – this one achieves both. You stay in luxury at very affordable rates, and breathe the culture along a comfortable journey.

We encourage you to view these hotels where you will be staying on the internet, and imagine Sonny is beaming one of his unforgettable smiles... if only Madge looked up the hotel before their departure!

The price is \$4950 twin share, or \$5840 sole occupancy. This includes return economy international flights; domestic flight from Delhi; government taxes and surcharges; heritage hotels as listed in the brochure; daily breakfasts, eight dinners, two lunches; experienced guide & driver (and tipping); airport transfers/tours as per itinerary; day use of hotel in Singapore.

Specialised Travel highly recommends travel insurance – 25% discount applies on this tour. Jeff has 30 years experience in the travel industry, and he is someone you can trust. Contact him today for a free brochure, either by phone or email. Sit in the comfort of his home office in Goolwa North to learn more about this wonderful tour. See another world and say hello to Evelyn, Muriel and Madge.



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Specialised Travel is well experienced with tours to India – it conducted *A Taste of Rajasthan Tour* 2013 – and here is some customer feedback:

“ Our tour to India with Specialised Travel was nothing short of magical. The itinerary, hospitality, food and inclusions were everything you expect from the major tour companies, but at less than half their cost. The accommodation, without exception, was unbelievable... best value for money tour we have ever had.” – Bev & Rod

“ The cooking demonstration by the Indian chef is the special touch you get on a Scenic Tour, without the high price. The whole India experience was something not to be missed... the hotels we stayed in need to be seen to be believed, from someone who never wanted to go to India.” – Ron

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Jodpur, Ajit Bhawan: www.ajitbhawan.com

Udaipur, Fateh Prakash Hotel: www.ajitbhawan.com

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Jaipur, Alsisar Haveli: www.alsisarhaveli.com

Nahargarh, Nahargarh Ranthambhore: www.nahargarh.com

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Agra, Grand Imperial: www.hotelgrandimperial.com

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Delhi, Park Hotel: www.theparkhotels.com

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Jeff Rainsford - Owner/Manager

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19 Britannia Parade The Marina Hindmarsh Island

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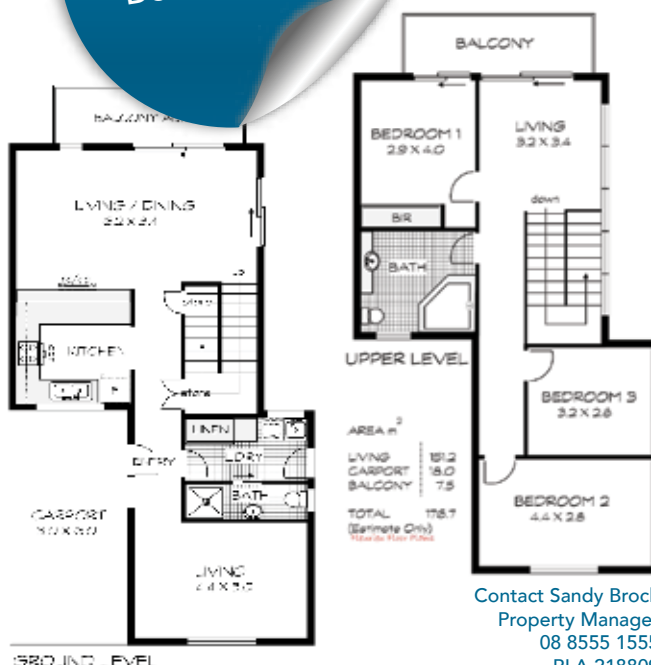


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Simon Ardill, of Goolwa, who grows organic plants and produce at Currency Creek.

The Port Elliot market has grown since it started 15 years ago. We discovered it's about..

Books, nuts, dolls and a dollar in their pocket

For the past 14 years Rex and Annette from Taperoo have set their alarm for 3.30am on the first and third Saturdays of every month, packed their van with old books and wares, and headed to the Port Elliot market.

They get there at 6.30, wait for the gates to open, and set up for another day's trade. They then go to the Goolwa market the following day.

They must sell a lot, we suggest, but there are only so many who buy Wilbur Smith novels with dog-ear pages and cheap China jugs.

"Is it worthwhile?" Annette responds. "We're still coming aren't we? It is more about getting out and meeting people."

"There are closer markets than here, but we come to Port Elliot because we like the park, we like the people that live here, and we always go home with a dollar in our pocket."

Continued P7

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Above: Andrew Whittaker and his sister Annette of Protea Park. Right: market director Deidre Hughes... and some of the books and "hidden treasures".



From P6

Welcome to the Port Elliot market, and if you think Rex and Annette are in a class of their own – "no photographs" they insist – think again. There's Mark Myranthopoulos, who brings his pistachio nuts and seemingly every other type of variety from Balaklava, the orchard lady from Ashborne and the man from Murray Bridge with his veggies are just as keen. The list, mostly locals, goes on.

Incredibly, since the Encounter Bay Rotary Club took over the management of the Port Elliot and Goolwa markets 18 months ago the popularity has soared. Stallholders have increased from 15 to 35 at Port Elliot – and climbing – and the trend at both markets has been a huge bonus to the towns with profits going back into the local community.

The Port Elliot stallholders at Lakala Reserve off Rosetta Street say there is no secret to the success – it's about the people and good management. Sandy Pine, of Hindmarsh

Island, says her cottage industry business of making dolls and other items with amazing intricacy started out slow, but the people gave her a chance and now she can hardly keep up with the demand.

Raechel Lewis, and her partner, Ben, run Wild Swarm Native Bush Honey at Currency Creek, also talked about the people here. "It's a great vibe," she said. Amanda Tuck, of Mount Compass, has My Country Kitchen with tasty things like jams and chutneys, and has been selling at the markets for two years. "It's an opportunity to take your products to the people," she said.

The amazingly dedicated team of Encounter Bay Rotarians is led by market director Deidre Hughes, who among many things organises the other 18 market volunteers on a roster system at both Port Elliot and Goolwa. Initially, there was dissent among some locals who saw this as a group from Victor Harbor encroaching on their territory,

but it only evolved after consultation with the Goolwa Rotary Club which said it did not have the numbers or capacity to run with the markets.

The 35 stallholders at Port Elliot pay \$20 per market, and the 83 at Goolwa \$25. Between them, \$73,000 was raised last year, minus expenses of more than \$10,000.

Before the Encounter Bay club took over the Goolwa market from South Coast Dune Care the money raised went to assist children in Africa.

Continued P8

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Saturday markets

Inman Valley Art Craft & Produce Market:

First Saturday of the month, 9am-1pm. Inman Valley Memorial Hall.

McLaren Vale Market: First Saturday of the month, 9am-2pm. McLaren Vale Institutional Hall, Main Road, McLaren Vale.

Mount Compass Market: First Saturday of the month, 8.30am-1pm. The Wetlands off Nangkita Road, Mount Compass.

Myponga Wholesale Country Market: Weekends and Public holidays (excluding Christmas Day) 10am-4pm. Old Myponga Cheese Factory, 46 Main South Rd. Myponga.

Port Elliot Market: First and third Saturdays of the month, 9am-1pm June, July & August. Lakala Reserve, Rosetta Street. Port Elliot.

Victor Harbor Farmers' Market: Every Saturday, 8am-12.30pm. Grosvenor Gardens, Torrens St, Victor Harbor (opposite Victor Central shopping centre).

Victor Harbor Indoor Craft & Plant Market: First Saturday of the month 9am-3pm at the RSL clubrooms, Coral Street, Victor Harbor.

Willunga Farmers' Market: Every Saturday,

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8am-12.30pm, Willunga Town Square.

Willunga Green Light Eco Market: First and third Saturdays of the month, 8.30am-12.30pm cnr Aldinga & Main Rd, Willunga.

Willunga Artisans' Market: Second Saturday of the month, 9am-1pm, Old Show Hall, Main St, Willunga (opp Willunga Farmers' Market).

Willunga Quarry Market: Second Saturday of the month, 9am-1pm. Aldinga Rd, Willunga.

Yankalilla Craft & Produce Market: Third Saturday of the month, 9am-1pm. Agricultural Hall, Main Road, Yankalilla.

Sunday markets

Cape Jervis Market: Second Sunday of the month from September to May, 9am-1pm, in and around the Cape Jervis Tavern.

Goolwa Wharf Market: First and third Sundays of the month, 9am-3pm. Located at reserve by the Goolwa Wharf.

Kangaroo Island: Penneshaw Farmers' Market and Penneshaw Community Market: First Sunday of the month, 9am-1pm. Penneshaw Oval (October-April). Penneshaw Lloyd Collins Reserve (May-September).

The Vale Market (McLaren Vale): First and third Sunday of the month (September-May), 9am-1pm. McLaren Vale & Fleurieu Visitor Information Centre, McLaren Vale.

Myponga Wholesale Country Market: Weekends and Public holidays (excluding Christmas Day) 10am-4pm. Old Myponga Cheese Factory, 46 Main South Rd, Myponga.

Strathalbyn Market: Third Sunday of month 8am-2pm, Lions Park, South Tce, Strathalbyn.

Victor Harbor Country Market: Second and fourth Sundays of the month, 9am-4pm. Soldiers Memorial Gardens, The Esplanade, Victor Harbor.

Victor Harbor Natural Resource Centre's Market of Earthly Delights: A veggie/produce swap market. First Sunday of the month 1pm-3pm at The Encounter Centre, Armstrong Rd, Victor Harbor.

From P7

Last year, overall the club put \$21,000-back into the community with \$1000 grants going to a host of Goolwa and Port Elliot sporting and community groups... the local surf lifesaving clubs, Hindmarsh Island

Land Care, tops for the local soccer juniors, a tank for the dog park, and so on... groups you may hear little about. Bigger local projects using market monies are on the horizon.

It takes the team more than 60 hours a fortnight to present a weekend of markets, including those driving around erecting and taking down signs. Deidre gives at least 22 hours of her time, and says she does it because it helps the wonderful causes of Rotary, something which she belongs to with enormous passion.

"Before we took on the markets the most



Left: Raechel Lewis of Wild Swarm Native Bush Honey. Centre: Sandy Pine of Hindmarsh Island and her superb craft. Right: Amanda Tuck, who has My Country Kitchen.



our club ever made in a year was \$18,000," Deidre said. "The markets have given us a huge boost.

"We are very careful when we distribute funds from the markets that they go to local causes – none have come to Victor end apart from Riding For Disabled which goes right along the coast," Deidre said.

"I just love the involvement. Port Elliot is a nice little village green type market, and for most of the stallholders it is a hobby so there

is a completely different atmosphere."

And because of the support of the community, local groups are receiving much-needed funds and bigger projects are becoming a reality, while people like Rex and Annette, and Mark the nut man, hopefully drive all the way home with a dollar in their pocket.

See you at the Port Elliot market on the first and third Saturday of every month, and Goolwa on the Sunday. ■



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Just a thought...

No married man should
forget his mistakes – no use
two people remembering the
same thing.

Until July 19

Hand Held Exhibition, South Coast Regional Arts Centre, Goolwa Tce, Goolwa, Wed-Fri 11am- 4pm, Sat-Sun 10am-4pm. Artists Nic Brown, Brad Lay, Lily Buttrose and Cathy Sarles respond to and explore ideas of home, travel and place. Free.

Until June 19

Good Things Small Packages Exhibition, South Coast Regional Arts Centre, Goolwa Tce, Wed-Fri 11am- 4pm, Sat-Sun 10am-4pm complementing *Hand Held*, the artists' works.

Until June 30

Winter 2015 Exhibition, Station Masters Gallery, South Tce, Strathalbyn. Annual winter collection of untheamed works including Peoples Choice Awards. Contact 8536 4263. Free entry. Wed-Sun 10am-4pm.

Saturday, June 6

Balloon Regatta Main Event, Strathalbyn Trotting Club, Milne Rd, Strathalbyn. An aviation day unlike any other. Featuring hot air balloons, model aircraft, demonstrations, micro lights, helicopters, children's entertainment and food stalls. Commercial balloon flights also available. Bookings required. Balloons fly at dawn (weather permitting). Main gates open 2pm, admission \$5. The highlight will be a balloon night glow at 6-6:30pm. Contact 0429 671 685.

June 6-7

Antique and Collectable Fair, Goolwa Primary School, Cadell St and Signal Point, Goolwa, 10am-4pm. Antiques, jewellery, china, small furniture, toys, tins, sewing, silver, etc. Proceeds to Currency Creek Country Fire Service and Community Hall. \$2 entry per location, children U16 free.

Saturday, June 13

The Merger... a great comedy show

Wednesday, July 3

The Merger with Damian Callinan at the Yankaila RSL, Main South Rd, Yankaila from 7.30pm. The Books & Words Group have partnered with Country Arts SA to bring comedian Damian. A hit at the Melbourne Comedy Festival, this will ring true to many footy and rural communities. Book at Visitor Information Centre, T: 8558 0240.



The South Australian Police Dixie Band, which has been delighting audiences for over 40 years, will perform in the Strathalbyn Town Hall from 2pm. It comprising vocal, trumpet, clarinet, trombone, banjo, bass and drums. Whilst keeping close to the Dixieland style, it ventures outside the usual boundaries giving it that extra audience appeal. Adults \$25, concession \$20, U17 \$15. Bookings essential 1300 466 592

Saturday, June 13

Illumina Voices will perform *Swoon in June* at Newland Memorial Church, Victoria St, Victor Harbor, from 2pm. Tickets \$15 available at the door.

Monday, June 15

SteamRanger's Southern Fleurieu volunteers group meeting at Goolwa Arts & Crafts, Goolwa Wharf at 7.30 pm. All welcome. Guest speaker: Garry Coombes about the history and activities of Armfield Slip.

Friday, June 19

The Supper Club, Mount Compass, Mount Compass War Memorial Hall, Peters Tce, 8-11pm. Blues musician Steve Brown is back by popular demand. Alcohol, soft drinks, cake, tea and coffee available. Tickets \$15. Contact 8556 8292.

Saturday, June 20

Yankaila Acoustic Evening (third Saturday of each month) at Agricultural Hall, Yankaila Showgrounds, 8pm.

Monday, June 22

Cooking for Blokes: Winter Warmers – soups & stews, at Visitor Information Centre, Main South Rd, Yankaila 10.30am-1pm. Bookings 8558 0240.

Monday, June 29

Technology Talk at the Visitor Information Centre, Main South Rd, Yankaila 1-3pm. Tips and tricks using your iPad or iPhone. Enquiries to Joyanne 1300 224 477.

June 24-July 7

New Journeys Exhibition, Signal Point Gallery,

Goolwa Mon-Fri 11am-4pm, Sat-Sun 10am-4pm. Damien Shen's work is informed by a classical approach to portrait drawing with rigour, intensity and liveliness. His Aboriginal and Chinese heritage influences his practice. Free entry.

Saturday, June 27

Australian Girls Choir performs at Centenary Hall, Cadell St, Goolwa from 2pm. Over the past 31 years the choir has dazzled audiences all around the world and has entertained Nelson Mandela, Queen Elizabeth II, President Obama, Oprah Winfrey and Ellen DeGeneres. Supported by the Goolwa Ukulele Group, all proceeds to the South Coast District Hospital Auxiliary Inc Foundation. All tickets \$25. Contact 1300 466 592.

ADFAS lecture

Monday, July 6

The Australian Decorative & Fine Arts Society presents *St Petersburg in the 18th & 19th Century* at McCracken Convention Centre from 10.30am.

The lecture will be presented by Dr Alexey Makhrov, a graduate of the Academy of Arts, St Petersburg, and obtained a PhD in architectural history at St Andrews University, Scotland before working as a postdoctoral researcher of Russian art criticism of the 19th century at the University of Exeter in England.

It documents the development of St Petersburg, founded in 1763 as a fortress in a remote area of the Baltic Sea to one of the grandest capitals of Europe. Cost: \$25. Bookings: Jen LeMessurier 0417 084 003; Betty Lockwood 0412 136 522; Anne Butcher 0408 267 511. e: fleurieu@adf.org.au

The final Lecture for 2015, *London's Changing Skyline: Past Present and Future* presented by Anthea Streeter, is on Monday, September 7.

Spy

(MA15+) Comedy starring Jason Statham, Melissa McCarthy, and Jude Law. Susan Cooper is an unassuming, deskbound CIA analyst, and the unsung hero behind the Agency's most dangerous missions. But when her partner falls off the grid and another top agent is compromised, she volunteers to go deep undercover to infiltrate the world of a deadly arms dealer, and prevent a global disaster. Fri, June 5: 2pm, 8.40pm; Sat, June 6: 4pm, 6.40pm; Sun, June 7: 2.40pm, 5.10pm; Mon, June 8: 2.40pm, 9.10; Tues, June 9: 8.45pm; Wed, June 10: 3.15pm, 8.10pm.

Woman in Gold

(M) Drama starring Helen Mirren, Ryan Reynolds, Daniel Brühl, Katie Holmes. The incredible story of Maria Altmann, a Jewish refugee who is forced to flee Vienna during World War II. Decades later, determined to salvage some dignity from her past, Maria has taken on a mission to reclaim a painting the Nazis stole from her family: the famous Lady In Gold, a portrait of her beloved Aunt Adele. Partnering with an inexperienced but determined young lawyer Ryan Reynolds, Maria embarks on an epic journey for justice 60 years in the making. Fri, June 5: 4.30pm, 6.30pm; Sat, June 6: 11.30am, 4.30pm, 9pm; Sun, June 7: 12.30pm, 3pm; Mon, June 8: 12.30pm, 3pm; Tues, June 9: 6.15pm; Wed, June 10: 10.45am*, 1.15pm, 7.50pm.

Aloha

(PG) Drama, romance, comedy starring Bradley Cooper, Emma Stone, Rachel McAdams and Bill Murray. A celebrated military contractor returns to the site of his greatest career triumphs – the US Space program in Hawaii – and reconnects with a long-ago love while unexpectedly falling for the hard-charging Air Force watchdog assigned to him. Fri, June 5: 1.45pm, 6.40pm;



Sat, June 6: 11.45am, 1.45pm, 8.55pm; Sun, June 7: 12.40pm, 2.40pm; Mon, June 8: 12.40pm, 2.40pm; Tues, June 9: 6.30pm; Wed, June 10: 1pm, 3.25pm, 5.35pm; Fri, June 12: 1.35pm, 3.50pm, 8.45pm; Sat, June 13: 11.15am, 1.35pm, 3.50pm, 8.45pm; Sun, June 14: 3pm, 5.15pm, 7.40pm; Tues, June 16: 8.50pm; Wed, June 17: 10.45am*, 1.30pm, 3.50pm; Fri, June 19: 4.15pm, 6.40pm; Sat, June 20: 4pm, 6.40pm; Sun, June 21: 5.30pm; Tues, June 23: 8.30pm; Wed, June 24: 3.10pm, 7.45pm.

Tomorrowland

(PG) Sci-fi, adventure starring Judy Greer, George Clooney, Britt Robertson and Hugh Laurie. Bound by a shared destiny, former boy-genius Frank (Clooney), jaded by disillusionment, and Casey (Britt Robertson), a bright, optimistic teen bursting with scientific curiosity, embark on a danger-filled mission to unearth the secrets of an enigmatic place somewhere in time and space known

only as "Tomorrowland." What they must do there changes the world—and them—forever. Fri, June 5: 4pm, 8.50pm; Sat, June 6: 2pm, 6.30pm; Sun, June 7: 5pm, 7.30pm; Mon, June 8: 5pm, 7.30pm; Tues, June 9: 8.25pm; Wed, June

10: 10.30am*, 5.40pm; Fri, June 12: 6.15pm; Sat, June 13: 11am, 6.15pm; Sun, June 14: 12.30pm, 2.45pm; Tues, June 16: 6.15pm; Wed, June 17: 4pm, 6.40pm; Sat, June 20: 1.30pm; Sun, June 21: 3pm; Wed, June 24: 12.45pm.

Jurassic World

(CTC) Adventure, sci-fi starring Chris Pratt, Bryce Dallas Howard, Vincent D'Onofrio and Jake Johnson. Twenty-two years after the events of Jurassic Park, Isla Nublar now features a fully functioning dinosaur theme park, Jurassic World, as originally envisioned by John Hammond. After 10 years of operation and visitor rates declining, in order to fulfil a corporate mandate, a new attraction is created to re-spark visitor's interest, which backfires horribly. Fri, June 12: 1.30pm, 4pm, 6.30pm, 8.50pm; Sat, June 13: 1.30pm, 4pm, 6.30pm, 8.50pm; Sun, June 14: 12.20pm, 5.15pm, 7.30pm; Tues, June 16: 6.30pm, 8.45pm; Wed, June 17: 10.30am*, 1.30pm, 6.30pm; Fri, June 19: 2pm, 8.30pm; Sat, June 20: 10.30am, 4.15pm, 8.30pm; Sun, June 21: 12.30pm, 3.30pm, 7.45pm; Tues, June 23: 6.15pm; Wed, June 24: 10.45am*, 3.15pm, 7.40pm;

Pitch Perfect 2

(M) Comedy starring Anna Kendrick, Rebel Wilson, Elizabeth Banks, and Hailee Steinfeld. The Bella's are back, and they are better than ever. After being humiliated in front of none other than the U.S. President, the Bella's are taken out of the Aca-Circuit. In order to clear their name, and regain their status, the Bella's take on a seemingly impossible task: winning an International competition no American team has ever won. Fri, June 19: 4.25pm, 8.55pm; Sat, June 20: 2pm, 8.55pm; Sun, June 21: 8pm; Tues, June 23: 8.40pm; Wed, June 24: 10.30am*, 5.25pm.

Inside Out

(CTC) Animated family movie starring Mindy Kaling, Bill Hader, Amy Poehler, Phyllis Smith, Lewis Black and Kaitlyn Dias. Set inside a little girl's head where five emotions - Joy, Anger, Disgust, Fear and Sadness - try to guide her through life. Fri, June 19: 2.15pm, 6.30pm; Sat, June 20: 10am, 12.01pm, 6.30pm; Sun, June 21: 1.15pm, 6pm; Tues, June 23: 6.30pm; Wed, June 24: 1.10pm, 5.40pm.

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Table tennis has been called whiff whaff and still ping-pong, and now this 19th century sport is experiencing a world-wide revolution among...

Celluloid heroes in a plastic world

It's not quite in the mould of introducing solid golf balls in 1967, Dennis Lillee's aluminium cricket bat in '79 or the imminent AFL "smart" football with a chip inside to tell us whether it was a goal, but local table tennis is on the cusp of joining an international revolution.

After a century of using a celluloid ball, which replaced rubber and cork ones, the International Table Tennis Federation last September replaced it with a plastic version.

It had to happen. The Chinese, which incidentally constantly have 520 million of the 40mm critters, can no longer export the celluloid kind because they are

seriously flammable, which is of enormous concern when transporting.

It gives us a reason for telling you about the popularity of table tennis along the south coast when many other clusters of players in community halls across the state have regrettably declined in numbers.

The new plastic ball, which is also seamless but firmer, bounces higher and generates less spin, hasn't reached our shores yet because the global demand is so great that China cannot produce them quick enough.

We caught up with Jesse Brown (pictured), 23, of Encounter Bay, during a practice session at the Great Southern Table Tennis Association's base in the Institute Hall, The Strand, Port Elliot last Thursday night. He is a brilliant player – and a real sport – so we tested him by throwing heaps of table tennis



balls to try and rattle him. We failed.

The exercise, however, emphasised what this fabulous group of all ages is about – fun. They have a summer competition at Inman Valley and an autumn competition at Port Elliot where you can discover what it's all about before joining a more serious winter season there when about 60 players compete. More than 30 social players also gather on Friday mornings for a hit, chat and a chocolate chip bikkie over a cuppa, and then we have other social matches for retirees at Port Elliot and at church halls in the area.

The local game is also for players of all ages, from a spritely Brian Odgers, who at 85 plays table tennis in between three rounds of golf and a few sets of tennis during the week, to some talented school students.

Yes, there is a lot of interest in this game,

and GSTTA president Graeme Rashleigh said one of the pleasant issues the association may face in coming years is that the current hall can only cater for five tables.

"Table tennis is great for eye-hand coordination, and is tremendous light, repetition exercise," Graeme said.

"We are proud of the fact our association was formed in 1948 – making it one of the oldest table tennis associations in the state – and we have provided an opportunity for people to be involved in sport.

"There are some very good players here, but importantly table tennis is for everyone of all ages and various standard."

It's also one of the cheapest sports – \$5 membership fee which covers the association's high insurance premiums, plus between \$2 and \$4 per match night depending on the competition. The Friday morning sessions are \$3, but hey, you get the coffee and choc-chip bikkies.

Like every sporting and social group, the association is run by some hard-working volunteers for the health, fitness and enjoyment of so many. Good on 'em.

If you are one of the many home garage champions and would like join the fabulous crew at the GSTTA – places are available now – contact Graeme on 8552 2233. He promises not to throw heaps of the new plastic, seamless, firmer, bouncier and low-spin balls all at once when they eventually arrive. Visit:

gstta.weebly.com ■



The Committee of the Australian Decorative & Fine Arts Society (ADFAS) Fleurieu invites you to its next lecture...

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**Presented by
Dr Alexey Makhrov, Graduate of the Academy of Arts, St Petersburg**

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How footy is giving kids a kick in life

It was a miserable night at the Victor Harbor Football Club and mums and dads were sitting there bravely watching their sons take part in an elite under 15 academy squad created by the Great Southern Football League.

They represent all 10 local clubs, and every one of them dreams of becoming an AFL footballer. Statistics suggest their chances are slim; a local kid hasn't made the grade since Ryan Griffen played junior footy for Goolwa-Port Elliot and the Western Bulldogs picked him as a priority selection at the 2004 NAB draft.

Everyone says it's time this region produced another AFL hero, and the blokes out on the field this night taking these kids for drills totally agree. But it's more than just giving up their time for nothing (they don't have their own kids in this squad) and helping them to be the best players they can.

It's about helping the kids be the best in everyday life; becoming leaders by example and looking after themselves in things like nutrition, dehydration and fitness.

Among them is Jake Tarca, 15, who started his junior footy at Encounter Bay, and has gone on to playing for South Adelaide's U16s and being named captain of South Australia's State U16 team. The Victor Harbor High School student is a good lad, and with outstanding support from his mum and dad, Paul and Bec, he has a clear vision of what he would like to achieve if the AFL dream doesn't materialise. The academy has taught him to see beyond the game.

We hear and read a lot of bad things about the culture of football – more so in rugby league – and kids like Jake are merely reinforcing the need for this program.

The academy, in its fourth year, has been driven by a group of blokes who care – Michael Simmons, who for many years has done so much for local football with Victor Harbor and as a highly respected journalist at *The Times*, former SANFL player Robbie McKinnon, Bryan Munn, who



The support starts at home... Jake with his parents, Bec and Paul, who have been among those taking their sons across the Fleurieu for training and games and sitting out in the cold.

did some outstanding work with juniors at West Adelaide starting 15 years ago, and David Winn and John Griffen, both whose commitment to football at all levels has been equally outstanding. With support from other junior coaches, and especially the GSFL and its progressive clubs, they are taking football and personal development to a whole new level in the limited time they have with the lads.

Michael, the coordinator and a GSFL executive, explained they have the squad of 30 one night a week at rotating venues for about 14 weeks from March, so no one really expects them to turn the best local 14 or 15 year-old lads into absolute champions in such a short time.

"We identify the players with a bit more talent than the others and try to raise the standards," Michael said.

"You need to understand we have a three-year gap in our football; sometimes the kids are playing at the top end in U15s and can be playing against 12-year-olds, and that's not really helping their footy or giving them

intensity which they need to develop.

"Giving them specialist coaching has also made us a lot more competitive at association level. Southern has always belted us, and we've made some ground the last three years. The first year they beat us by 20 goals – that was the norm.

"The next year we upped the academy work and we beat them for the first time ever, and last year we kicked 4.14 and lost by a couple of goals.

"We are very proud of that improvement, but this is not just about winning games. We like to think that we have also helped the young players to be better people. We push things like setting a standard and being a role model at their football club because they are the best in their age group and others their age look up to them. It's about influencing others. It's about teaching them to be leaders in life; not just football."

The academy program is also about taking a step to changing this dreadful image covering football across all levels in terms of anti-social behaviour and not respecting your opponent on and off the field.

Michael said: "Before a recent junior colts game between Goolwa-Port Elliot and Victor Harbor, when we had squad members on both sides, we said to them, you might be rivals on the field when you cross that line, but afterwards mix and show that you can integrate rather than have the battle lines drawn for the whole day.

"We push that a lot, even though I don't think that has been an issue with football here over the years. We say to our kids, say g'day to the opposition and get to know them better. The other kids see our players (academy members) do it, and hopefully they follow.

Continued P13

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From P12

"The squad is not just about skills, but developing a better culture or image for the local game.

"Over the three years we have seen a number of lads come through the system and really develop – not just as players, but as good young men. Tom Neville is a fantastic example; he's been hindered by injuries but he's going really well. James Bradford from Goolwa-Port Elliot won the junior colts' Mail Medal last year as a 14-year-old and this year he's part of our program again. He's moved on wonderfully well and he's part of a mentoring program. Nathan Krueger is another one. It's all good.

"South Adelaide reap the benefits of what we are doing as well; we're doing the talent identification for them. That's the pathway. "Obviously there are circumstances that says you can't do it; a lot of things happen when you turn 16, 17 or 18 that can make you deviate off that path, but we like to think we are at least giving them a head start and pointing them in the right direction, not only in football, but life. Then it is up to them."

Robbie played 259 games for West Adelaide from 1983-96. He played in its last premiership side in his debut season, and was highly respected for his skills, discipline and the approach to his game. Gawd he was a good player; now he is teaching this

local junior elite squad the importance of nutrition, dehydration and fitness.

"Being involved with this academy is just something that I have always felt passionate about at U15 level," he said. "We all do it because we love the game and we want the kids to have the chance to be better. If they don't become a star footballer it is okay; it's also about leadership and taking care of your body.

"A lot of this is about making them better athletes. Most kids don't understand how to prepare properly, get their bodies ready for a game, play and recover. It's educating them on becoming an athlete more than a footballer.

"They all have their natural ability which we try to nurture, but at this age some would not know enough about the role they play on the field.

"I help them with their fitness and preparation so they can do their best. Nutrition and general well being is something they can have for the rest of their life.

"There are blokes 30 and 40 years of age who still don't understand how to prepare and recover properly. If they don't learn it now they can struggle throughout their footy career.

"During my football lifetime I have seen a lot of good young kids go by the wayside because not enough attention was paid to them. But

then again, times are different compared with when I grew up... you had two or three bigger brothers, and the whole dynamics of kids riding bikes and climbing trees has changed. Now they sit on computers.

"It is harder to educate them on keeping fit and motivating them. I always ask them to get their mum or dad to buy them a watch so they can start timing their runs so they can beat themselves. Back in the days when families had four or five kids you were trying to beat your brothers and sisters. We were fitter; the generations are getting lazier."

Kids being kids, they probably don't tell Michael, Robbie and the other outstanding contributors to this program just how much they appreciate them. It's not cool to say much, but you sense they are listening and learning, not just about football but life.

One really hopes these kids get to play in the AFL. In the meantime, they should mention on their curriculum vitae when going for a job in a few years that they were members of the GSFL U15 academy. It tells employers they're a leader; they learned that a footballer's life is not just a kick in the grass.

And come future training nights, god bless the mums and dads sitting in the cold. Give 'em the best and fairest awards this season.



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CAPE JERVIS 5204

Angelo Russo is the son of an Italian migrant from Benevento, 50 km north east of Naples, who worked some ungodly hours cutting celery for a restaurant, sweltering in a foundry by day, and then tended his vegetables in a glass house before a few hours sleep.

It was not an unfamiliar story in those days when Angelo came out here aged 10, and among many things it taught him about the value of the almighty dollar. He also worked hard to buy properties, ran Bogart's Restaurant in Melbourne St, North Adelaide, the Grenfell Tavern beneath what they called the Black Stump in the city, and Le Rox disco in Light Square.

This was the mid-80s, and on weekends his

good mate, leading bookmaker Ron Forster, would pick him up and they'd go fishing off Cape Jervis on a Sunday morning. Forster owed a lot of property here, and Angelo, now 74, saw another dollar to be made.

With another investor, he was right behind an adventurous plan to build a marina and a hotel complex on the shorefront in the late 80s. It was a surer thing than anything Forster had laid in the last race at Cheltenham.

But a funny thing happened, and Angelo says it basically sums up this place.

"The development was stopped by a local, and at first I didn't understand," Angelo said.

"You've got the lifestyle and the dollar thing, but deep down you don't want to progress, because if you come down here that's what

you're looking for – peace and quiet.

"The dollar thing yes, I was right behind it. I was much younger; you think back then, if I am going to be down here you might as well try to make a buck. But if you bought a little house down here and you want to go fishing, you don't really want anything; just the peace and quiet.

"I understand that now, and I am happy it didn't all go ahead. I think you need to live in a town to know what it's about. Most outsiders speed through the 60 zone, catch a ferry over there (KI), and do the same on the way back without ever thinking about the town."

Continued P15



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From P14

Going into Cape Jervis you see a magnificent accommodation/caravan park complex, a spot to buy fish, the SeaLink terminal and Angelo's Cape Jervis Tavern, while the permanent residents are seemingly hidden in the back streets. It is quiet here, but it only takes grapevine news that someone has had a setback in life and this place is swarming with locals doing their bit.

It was almost two years ago that Angelo's daughter, Maria, a mother of three, died of cancer, aged just 42. It's always cruel. During her brave struggle the townsfolk completed paving at her home, delivered meals... the unexpected things that touch the toughest of hearts, and in a fishing town there are many.

"You never get through something like this, but the entire community has been there giving us support," Angelo said. "They are all great people; I always knew that. More than 800 were there at the little church on Yo Yo Road for the service, which was respect for the whole family."

Maria's husband, Phil Dodd, is manager of the tavern, and it may surprise you that fresh fish is prominent on the specials board. Barman Craig Blacksell, a likeable bloke, says the snapper, squid, salmon and snook are a 'must have' when they are caught in Backstairs Passage certain times of the year. Cape Jervis was named after John Jervis (1735-1823), the Earl of St Vincent and Admiral of the First Fleet, son of Swynfen Jervis, and a student of Burton-Upon-Trent Grammar School, but you won't find any of his toff descendants in this tavern. In days gone by the Friday night swills were something else when the professional fishermen moaned about encroaching on each other's patch, and nearly came to blows. Next morn they wouldn't remember a thing. Besides, the Earl of St Vincent, was by all accounts, not a nice bloke.

There aren't as many professional fishermen in town these days, but the current crew work hard – Scott Weaver, Gary Lloyd, Paul Kerrin, Jason Shepherd, brothers Mark and



Tony Rileston, and the bloke they call Robbie – Al Robertson (whom they say has been around forever).

These days, the action is over by 8.30 when their AFL footy team has already lost; it's the new generation thing, Angelo bemoans. When he first came here in 1985 – seven years before buying the tavern – he was always out fishing, but the boat has been stored in a big shed alongside an unused caravan for the past 15 years.

One would expect there is nothing else to do here but fish; Angelo says he's no different to any other hotelier – time poor. "Just the paperwork alone to comply is a nightmare," he adds. "You take a day off and you pay dearly."

"This is what it's like in a little country pub. If I go fishing it would cost be \$300-\$400, and I might get a few whiting, but you could buy a lot for that."

It may seem a lonely existence for Angelo's wife, Joan – they have three sons, Mark, Darren and Allan, plus 12 grandchildren – but it's far from the case. "My wife is on the green side," Angelo said. "I'm from the dark side (he laughs). She even makes her own organic hay while the sun shines."

"I am proud to say Joan has been a greenie well before it became popular; greener than Bob Brown ever was (referring to the Greens' former political leader).

"We run an organic farm... Black Angus beef, grow our own own organic veggies, and even the chooks are special – we pay top dollar for their feed, not organic stuff. The ducks get organic feed, some barley."

"When I was young I thought organic meant something else (he laughs). My wife put me on to all this. You see, a man can change."

However, you will never change his view why

he has loved this town, especially from the first time he ran the tavern and had the Adelaide Crows lob for dinner during their infamous 1992 pre-season camp at Rapid Bay when Nigel Smart walked over coals. "You know, that night the bosses of the Crows, that Bill Sanders man, and a few others bought a bottle of red and drank it

out the back because they didn't think it was right to drink alcohol in front of the players," Angelo said. "Maybe they should have before thinking about walking over coals."

There is a lot of character in this town, and a lot of characters come here, but according to Angelo the greatest thing of all will be here forever – the stars, and we don't mean the Crows.

"I like the fresh air; watching the sunset and the stars at night," Angelo said. "I can go outside and you can see all the stars... you can't in Adelaide. Sure, it's quiet here; very quite, but a lot of people prefer it like that." And no one has liked the quiet more than the bloke who opposed Angelo's marina and hotel development and changed him for the better. As Angelo says, switching on his old disco lights here would never have been a patch on watching the stars above Cape Jervis. ■

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Being prepared for the unexpected

The team at our local Goolwa & District Community Bendigo Bank teamed with Caffè de Carlo to present Australia's Morning Tea at the Goolwa Shopping Centre late last month with more than \$1100 raised – all to the Cancer Council SA.

It was yet another reminder that, without warning and mostly through no fault of our own, life can change dramatically and impact on our family and home life. Whether it's because of sickness, an accident or loss of employment, we feel vulnerable, and usually among the numerous concerns is how to pay the mortgage.

Every bank, especially since the Global Financial Crisis, has a dedicated hardship team with their sole role to work something out if you cannot go to work for an extended period.

Generally, they come up with an agreement. There is no matrix, no simple formula because one case does not fit all, and every situation is handled with the utmost trust and confidentiality. Can you pay reduced payments? Just pay a percentage, or would you like a three-month pause in payments? There are scenarios, and it's all about helping you and your family get back on your feet.

Banks, no matter what you may believe, do not want to sell you up as soon as you cannot meet a mortgage payment. The key word in all this is communication – talk to the bank as soon as possible.

A common scenario is when there is a marital situation; definitely talk to the bank. If the bank cannot obtain information, and no one is talking to anyone, no one can win in this difficult time. There is no judgement here, simply a means of finding ways to best help those concerned.

There are many who are self-employed, or are involved with a business partner, and there are numerous frightening situations that can suddenly put you at risk. This is where you need to seriously look at different levels of protection insurance that are available.

Anyone who successfully applies for a personal loan, credit card and home loan with the Bendigo Bank requires some cover, and you may take out four different – or all, if



Enjoying Australia's Biggest Morning Tea in Goolwa (left; from left): Pat Willatts, Rosemary Brown, organiser Vickie Giermann of the Goolwa & District Community Bendigo Bank, Chris Jones & Kaye Berry. Below left (from left): Joyce Summerill, Patricia Paul, Magdalena Giermann & Anna Nemeth. Below: The very supportive team from South Coast Realty (from left): Greg Robins, Vince Le Ray, co-principal Peter Hooper & Sue Le Ray.



Advertorial



you wish – insurances. They obviously include life so the loan can be paid out, disablement which includes covering you if you happen to do something like breaking a leg and cannot work, involuntary unemployment, and trauma, which includes a serious illness.

In addition to this cover, there is a hole range of scenarios that may place you at risk, especially if you business partner falls ill or passes away and you don't have the capital to keep the business going. In some cases the insurance is easily approved and without a medical, and understandably the rate can depend on your age so there is a sliding scale. It is absolutely vital for self-employed people with a mortgage or other high-end loans to have some kind of insurance protection, and be aware of the scenarios should something traumatic occur. In these cases there is often no warning that your life is about to be turned upside down.

As we said, more often than not the circumstances that can ruin your life financially are no fault of those involved. It happens, but the key is to clearly understand

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Condolences

It is with much sadness that we report the inventor of the snooze button on clock radios has died. His funeral will take place tomorrow at 6:00, 6:09, 6:18, 6:27, 6:36.

Magic bikkies

Jimmy and Sam are cheeky brats and they go into the Yankalilla Bakery. Jimmy sneaks two biscuits into his pocket, and Sam is horrified. "That's not very smart," Sam says. "Look, I will show you what is smart."

Sam calls the baker over and says: "I will show you some magic." The baker plays along with him. Sam grabs a biscuit and eats it. Then he grabs another and eats that too. The baker says: "Hold on, that's not magic." And Sam says: "Look in my mate's pocket."

Door-to-door help

Jake is a shy bloke and for the first time in his life books into a hotel in the city. He goes up to his room, and five minutes later he calls the lady at the foyer desk and says: "You've given me a room with no exit. How do I leave?"

The lady is surprised. She says: "Sir, that's absurd; have you looked for the door?" Jake says: "Well, there's one door that leads to the bathroom. There's a second door that goes into the wardrobe, and there's a door I haven't tried because it has a 'do not disturb' sign on it."

Bottoms up...

George and Muriel were married for many years. Whenever there was a confrontation, the neighbours could hear them yelling deep into the night. George would shout: "When I die, I will dig my way up and out of the grave and come back and haunt you for the rest of your life." Everyone feared him.

One evening, George dies, aged 98. After the burial the neighbours are concerned for Muriel's safety and ask her: "Aren't you afraid that he really will dig his way out of the grave and haunt you for the rest of your life?"

Laugh Lines

And Muriel says: "Let him dig... I had him buried upside down, and you know George, he never listens to directions."

It's beer o'clock

Larry and Mick are having a good long session at the local pub, and finally get kicked out at closing time. Not to be outdone, they decide to walk to Larry's place for a few more beers.

The first thing Mick says when he staggers inside is: "Hey Larry, you haven't got a clock in this house so how do you know the time when you get home?"

Larry says: "That's easy, I play my trumpet." Mick says: "Your trumpet? How on earth can you tell the time from your trumpet?" And Larry starts playing the trumpet and one of the neighbours shouts: "Stop playing the damn trumpet... it's 1.30 in the morning!"

Boom, boom...

A bear walks into a bar and asks for a beer. The barman refuses to serve him, so the bear takes a big bite out of the bar. The bear says: "Give me a beer or I will eat your entire bar."

The barman says: "Look mate, we don't serve bears, especially those on drugs." The bear gets angry, and says: "I am not on drugs... why are you saying I am on drugs?" And the barman says: "What about the bar-bit-you-ate?"

Dog tales

Henry and Bob at Victor Harbor are arguing who has the smartest dog. Henry says: "My dog Monty is so smart that at seven o'clock every morning he runs to the front yard to get the paper, takes it inside, unwraps it

and puts it on the table, then comes into my room wakes me up, gets my dressing gown and slippers, puts water on to boil me an egg, gets the egg cup and spoon, puts some toast on and makes me breakfast while I read the paper. So there, my dog is smarter than yours."

Bob says: "I know all that." Henry says: "How on earth could you possibly know all that?" And Bob says: "My dog told me."

Dad jokes...

What trees do fortune tellers like? Palm trees.

Why did the orange use suntan lotion? It didn't want to peel.

Did you hear about that new broom? It's sweeping the nation.

What stays in the corner and travels all over the world? A stamp.

What is the best day to go to the beach? Sunday.

Who is the hypothetical knight? Sir Pose.

Which knight is always startled? Sir Prise.

Which knight is always inclined? Sir Lope.

What kind of horses go out at midnight? Nightmares.

What do you call a funny mountain? Hillarious.

Useless trivia

"Go." is the shortest complete sentence in the English language.

If you stroke a shark from nose to tail, it is smooth. If you stroke it the other way, it is rough, and on some species can even give you hand lacerations.

Many years ago in England, pub frequenters had a whistle baked into the rim or handle of their ceramic cups. When they needed a refill they whistled to get some service. From this, we got the phrase *Wet your whistle*.

Each king in a deck of playing cards represents a great king from history... spades: King David; hearts: Charlemagne; clubs: Alexander the Great; diamonds: Julius Caesar.



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Don't let them worm their way out of this one



Meet the *Pieris Rapae*, better known as the Cabbage White Butterfly. As kids we loved them, but when you get older and grow a garden you discover they turn into horrible green caterpillars and munch away at your garden until there is nothing left.

We see the butterflies fluttering during the day – compared with moths at night with their fuzzy three “antennas” going crazy – and we know the veggies are in danger. The first sign are little holes in the leaves, and before you know it the plant or veggie has been stripped to shreds. They love the brassica family – cabbages, cauliflowers, broccoli. The answer is Dipel, a white non-toxic power that has provided organic protection from caterpillars for more than 30 years. It only affects caterpillars in the moth and butterfly family – it won't harm any other organism. When applied to food crops, Dipel has no withholding period, meaning veggies and salad ingredients may be washed and eaten immediately after applying.

Dipel takes effects immediately after it is eaten by the little

Ready, set...
GROW

Garden ideas
with the DSM
team... Cheryl,
Sandra & Dan

critters, so it should be sprayed onto the plant as soon as they appear. Best results come from spraying all over and under the leaves. The caterpillars cease feeding immediately and die within one-to-four days.

It is heartbreaking when you see your veggie garden devoured, and we cannot stress enough the importance of being sure what you are applying to protect it from insects. Go for the organic variety whenever possible – you don't want to give yourself toxins or poisons.

The best advice is get onto the caterpillar control as soon as possible. They might be small, but they have a ferocious appetite and you will be amazed how quickly they can strip a veggie plant.

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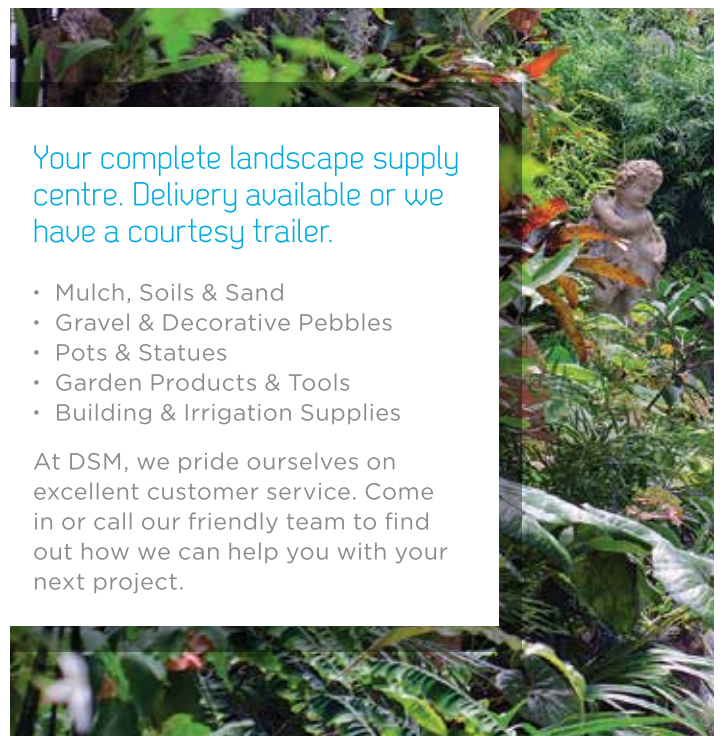
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The loud ones... (from left) Geoff Capper playing a second baritone horn, and secretary Ross Ford and Elijah Shepherd, 14, playing their euphonium.

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Support the band... they need more brass

Maybe Victor Harbor is not quite the entertainment capital of the world, but in its own small way it knows how to put on a show with its classic picture theatre, and brilliant stage performances and band concerts.

Few towns have these treasures, and now it's time we all got into the act to ensure they continue. The Victor Harbor City Band – a traditional brass band – is presenting its annual concert at the Town Hall, Coral Street, on the weekend of June 20-21 at 2pm, and this group of almost 40 very talented musicians would be most grateful if you went along to help raise much-needed funds.

"It's not easy raising money to keep the band going," says assistant secretary Geoff Gapper, who plays the 2nd baritone horn. "The lesser items of purchasing music, replacing music stands and providing maintenance equipment are constant drains on finances, but the big expenses occur when an instrument breaks down and has to be repaired, or worse replaced.

"The cost of some of the larger instruments begins at around \$8000 and climbs steadily upwards for a tuba." And you would not want to break your tuba – they cost an average \$20,000.

Tickets for this annual concert are \$15, students \$10 and



children under five, free, and are available at Swan's Pharmacy or at the door. Remember, the band plays at a lot of community shows for free, so let's do something for them.

They all play for the love of music – young and older – and the list of those who join Geoff working incredibly hard to make it happen and entertain us, good people like the president Allan Phelps, secretary Ross Ford, treasurer Pat Keep, and music director/librarian Brenton Osborne, is long.

A few months back the Victor Harbor City Band, which is more than 100 years old, and the Granite Community Band, got together for a Victor Harbor Primary School fire fundraiser. All free, of course, so let's support them and buy a ticket to their concerts.

And, for the record, the band is always well attended when young Elijah Shepherd (pictured) is performing... he has four siblings also in the band: Josiah, Joshua, Sam and Elizabeth. ■

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Lakeside Goolwa

Advertorial

update

Vol. 3, No.4 June, 2015

Welcome to your
lifestyle destination...
Lakeside Goolwa



Lakeside Goolwa was proudly part of the Retirement Lifestyle and Travel Expo at the Wayville Showgrounds in the Jubilee Pavilion last weekend, and the response was outstanding.

It proved a great opportunity for those living in Adelaide to come and have a chat to us and find out about all the fantastic activities available at Lakeside Goolwa:

- Indoor Swimming Pool
- Private Marina
- Boat Ramp
- Gymnasium
- Community Garden
- Pool Tables
- Table Tennis
- Darts
- Cards
- Indoor Bowls
- Bicycle tracks

- Men's Shed
 - Badminton
 - Golf Driving Nets
- The list goes on and on!

People at the Expo were also very impressed with having no HUGE exit fees at Lakeside Goolwa. That certainly sets us apart from the rest.

The Retirement Lifestyle and Travel Expo followed a highly-successful Open Day at Lakeside Goolwa in late May.

Our doors are nearly always open – you too can inspect our new Show Home at Lakeside Goolwa Monday-Friday from 10am-4pm. Call Fiona on 8555 2737 to book a personal tour for more information.



The team pictured above right (from left): Andy Ward, Fiona Sanders & David Hutchins (staff), resident Barb Valentine (left) & Ros Trenorden. Residents came along to help out over the weekend, and having their input was so valuable. They shared their experiences with like-minded people who are considering downsizing.

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Chicken & Vegetable Sausage Rolls

Ingredients

1 cup (70g) fresh wholemeal breadcrumbs
500g chicken mince
2 eggs
1 small zucchini, grated
1 medium carrot, grated 1 small onion, grated
1/4 cup chopped coriander leaves, or 1 tspn dried coriander leaves
1/4 cup chopped parsley leaves, or 1 tspn dried parsley
salt, pepper (optional)
4 sheets ready-made frozen puff pastry, just thawed
1 tbs sesame seeds

Method

Preheat the oven to 180°C and line two baking trays with baking paper. In a large bowl place breadcrumbs, chicken mince and one egg; stir until well combined (or process in a food processor).
Stir in vegetables, herbs and season with

salt and pepper, if desired. Lay one sheet of pastry with its piece of separating paper underneath, on a large cutting board. Use a knife to cut a line down the centre of the pastry square, separating the pastry in two. Slide onto the benchtop (with paper underneath to prevent sticking). Repeat for the remaining three sheets of pastry.

Spoon an eighth of the mixture lengthways along the centre of each piece. Whisk second egg in a cup. Use half of this mixture to brush along edge of pastry. Lift one long edge of each pastry sheet off of the paper and fold over, wrapping the filling inside, making sure join is sealed.

Brush tops with remaining beaten egg and sprinkle with sesame seeds. Lift each roll off the paper and place on a cutting board and cut into desired portions.

Place on lined baking trays and bake for 25-30 minutes or until rolls are lightly golden and cooked through. Delicious with sweet chilli sauce.

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Citrus Scones with Lemon Curd

Ingredients

175g ricotta cheese
finely grated zest of 1 orange
80g raw caster sugar
1½ cups self raising flour
50g butter at room temperature
2-4 tablespoons milk, plus extra for brushing
1 tablespoon raw caster sugar (extra)
lemon curd and cream, to serve

Method

Pre-heat oven to 180°C. Line a baking tray with baking paper. In a bowl combine ricotta, orange zest and half the sugar. Sift the flour and remaining sugar into a bowl. Cut butter into small pieces, and rub into the flour mixture until it resembles fine breadcrumbs. Add the ricotta mixture to the flour mixture/ Stir to combine, then add enough milk to make a soft dough (about 2-4 tablespoons of

milk). Mixture should not be sticky.

Turn out onto a floured surface and knead gently a few times. To obtain light scones, do not over-knead. Press dough into a circle until about 4cm thick. Place on prepared tray, and with a knife gently mark into 8 wedges. Brush the top with a little milk and sprinkle with extra raw sugar. Bake for 20-25 minutes, or until risen and golden on top.

When cooked, remove from oven and allow to cool slightly. Serve warm with lemon curd and cream. Best served on day of making, but will keep 1-2 days in air tight container. Can be warmed in microwave.

Note: This mixture can also be made into individual scones, but is moister if made in the larger round. Lemon Curd can be found in the jam section of supermarkets, or here is a recipe.



Lemon Curd

Ingredients

75g unsalted butter at room temperature
½ cup sugar
2 eggs
2 extra egg yolks
½ cup lemon juice
1 tablespoon lemon zest, finely chopped
¼ salt
1 tablespoon double cream (dollop cream)

Method

In a bowl beat butter and sugar until light and fluffy. Add eggs, and extra egg yolks one at a time, beating after each addition. Add lemon juice, zest, and salt and beat until just combined. Transfer ingredients to a saucepan and stir over low heat until smooth. Continue stirring over low heat until mixture thickens. Remove from heat, and stir through cream.

While still warm, place in a sterilised jar. Will keep refrigerated for up to a week and is suitable for freezing. Note: Limes can be used in place of lemons.



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If only life was about waving a magic wand

The volunteers at the Encounter Centre have been busy finishing off new toys and sprucing the place up ready for its big fun and open day on the Queen's Birthday holiday – Monday, June 8 from 11am-2pm.

We found Reinke Cook (pictured left) of Victor Harbor giving the final touches to the magic wands, but somehow they didn't work out as she still had to go home to a heap of jobs. Hopefully, the wands work on the big day and the centre gets the tremendous support it deserves.

The Encounter Centre on Armstrong Road (opposite Encounter Bay Oval) doesn't normally get a lot of attention, but since 1974 it has played a marvellous role in the community by providing facilities and fabulous programs for people with a disability who live along the the south coast.

This year's annual open day has something for everyone – entertainment by the Granite Island Community Band, a



bouncy castle, face painting and plant pot painting for the kids, while the mums and dads can pick up a bargain or two with cakes, books and budget plants for sale. There's also a barbeque. Toys are a real speciality at this place, and will be on sale with 10 per cent discount.

All monies raised will go towards the running of the centre, and everyone can make difference. The centre certainly has helped its residents over the years by giving them the opportunity to demonstrate they have ability to perform meaningful tasks well.

Entry to the open day is just \$2. Enquiries: 8552 2995.

Pictured above: Graeme Black working on a new wooden school bus in the workshop.



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