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Selling Goolwa by word of mouth

oolwa has a message to the world... we would love you to visit. And it is literally using the old Chinese Whisper to potentially create an exciting new market from Asia, particularly China.

While as a nation we have developed amusement halls and opened adventure trails to attract visitors, local business people who have gone overseas say the Chinese are craving for the simplicities of our every-day life that we may take for granted – like visiting a farm, picking strawberries at Mount Compass and going cockling along the spectacular Goolwa Beach.

This is merely one of the messages a few incredibly enthusiastic people representing the newly-formed committee Goolwa Tourism 5214 – GT 5214 – have received, and they're listening.

Now they want Goolwa, as a community and especially other tourist operators, to get behind their objective to better promote this town and its surrounds to make it an even more popular destination for the benefit of all.

However, the GT 5214 overseas vision is only a small part of the aims, based on the fact only 5 per cent of the 3.122 million tourists to the region in 2013-14 were from overseas.

Local operators should get involved because the return is there – tourism on the Fleurieu Pensinsula over a three-year average up to June, 2014 was \$392 million. Also, next to Adelaide, the Fleurieu was ranked second in terms of visitors – the Barossa Valley, also adjacent to the metro area, was ranked 11th – second last.

According to GT 5214 coordinator Lyn Clark, looking at what tourists want is a start.

"We are throwing everything on the table for consideration, and we have to look at things through different eyes," Lyn said. "We also have the situation where Yaxi, which has become the first Cittaslow town in China, approached us as the first in Australia to create a sister city relationship with exchanges and all things like that.

"The Alexandrina Council needs to develop that connection, but



Top: The Murray Mouth, taken by David Hancock of Stockoz.com and part of a brilliant aerial series available for sale online. Above: GT Tourism 5214 committee members (from left) coordinator Lyn Clark, Sally Grundy and John Clark.

as a community we also have a role to play. We need to embrace the opportunities this presents.

"Council is also working with the OzAsia Festival (Festival Centre September 24-October 4) organisers to bring several performances here just like we had from the Fringe Festival recently.

"As a tourist group we need to collectively find ways to do things better."

Goolwa rebounded from the horrendous drought of 2008 which, among many things led to the formation of the Goolwa & District Community Bendigo Bank, and last year refused to accept the cutting of programs for people with a social integration difficulty because of government axing of funds and replaced it with its own Alexandrina Connect Inc.

Continued P3

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 Caruana



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Auto Service Centre



From P2

The GT 5214 committee is now producing that same spirit to give Goolwa a much-needed tourism boost.

Sally Grundy, a tourist operator with the acclaimed Mundoo Island experience, says the objectives of GT 5214 are not about any one person, but tourism for the town and region, and especially benefits for the entire community.

"It is very much a community-based approach," Sally said. "We need to get the tourists to come to Goolwa... we need to capture visitors as they venture this way, and when we have got them here the challenge is to present them with a very easy way of navigating all of the opportunities they can choose.

"One of the things that came up at one of our early meetings (started in February) was that we get our boom time in the summer along the south coast, but we need to be able to get a regular influx of tourists the whole year so that we have beds being filled and tables served at restaurants constantly.

"We have got so many brilliant operators here, but they are all trying to do it by themselves. If we talk to each other we will help everyone's business. We need to change the mind set; we are not in competition. We are all in this together."

As committee members, Lyn, her husband John, and Sally agreed that GT 5214 was trying to develop effective networking that could result in helping businesses reap the benefits from having good tourism numbers throughout the year. "This would then flow on to permanent employment rather

than seasonal," they said.

"We can feed these packages up the line so there can be marketing, working in with the appropriate levels."

John, who is also secretary of a group led by former South Australian Premier Dean Brown focusing on tourism and boating on the Lower Lakes and Coorong, said the realities of life were that no one really had the funding resources to do everything that tourism needed.

GOOLWA TOURISM 5214

"You have the SA Tourism Commission up there marketing to beyond the state and overseas and Fleurieu Peninsula Tourism doing its best to promote the region with one person (Miranda Lang), and there is no resource at the cold face to package a product," John said.

"That's the challenge... bundling our product to be marketed or sold beyond."

Lyn said if the local operators were successful then so would be the community. "The flowon is significant, which was made obvious during the great drought. It affected boating, fuel sales, accommodation and so it went on.

"But if you also take that multiplying effect positively, if local tourism is working well it makes the rest of the community prosper. To achieve this we need to work collaboratively."

GT 5214 has already discussed means which to engage the community, including later inviting it to upload images and promote them through social media as part of a comprehensive competition for people of all ages. It is just one of the many ideas discussed to help make this campaign work.

It is not the first time Goolwa has tried to get tourism mobilised within the community. There were "fence sitters" and sceptics before, and there are now, but Lyn, John, Sally and other committee members believe it is time everyone rolled up their sleeves to make GT 5214 work to create new jobs and a more buoyant community.

If you would like to be involved in GT 5214 contact Lyn Clark on 8555 5801. The committee meets quarterly.

| u|y

Front cover



Allan Edmondson-Stott, of Encounter Bay... he was in music, mostly performing Joe Cocker Tribute shows in Sydney, but now, with a little help from his friends, he's at the Victor Harbor Men's Shed providing a great place for blokes to stand shoulder-to-shoulder, some overcoming mental health challenges. Full story: P12-13



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It looks like Duff and its sounds like Duff beer from *The Simpsons*, but Ray Carroll's pale ale is really just a Bluff. It has everyone talking over a great pizza.

D'oh! Ray is all Bluff

his one is for the little blokes of this world; the business battlers who repeatedly get crushed by the corporate giants.

Meet Ray Carroll... he's best known for making the best-ever pizzas at the Beach House Cafe on Franklin Parade, Encounter Bay, and in recent times he put a keg amongst the pigeons by producing his own ale — Bluff Beer.

Absolute coincidence of course, but it sounds and looks terribly like *Homer's* favourite, from *The Simpsons*, an American TV show that remarkably has been running for 26 seasons.

In the mid-90s SA Brewing Co. was the first in the world to produce Duff Beer, until 20th Century Fox gained a court order telling it to destroy every can because it didn't get permission from Matt Groening, the creator of *The Simpsons*.

When Duff became a brand beer in numerous other countries without permission, it was produced legally in the United States several years ago. Woolworths attempted to cash in and sell the brand last year, but was quickly stopped when an advertising standards body ruled the campaign was marketing alcohol to children and young adults. Good call.

Ray said the Bluff venture started when a stranger – Lachy Kelly, of Goolwa, a chef by trade and a brewer – walked in and floated the idea. Some months later, they wanted to prove they really could make a good beer rather than something too strong or hoppy,

PO 245 MEXICAN Jaippinos optional sour MEXICAN Bluff Bluff Bred With galucamde Sour Bluff Bred With Grant Bred With Grant Bluff Bred With Grant Br

and came up with a pale ale.

"We wanted to make an easy-session drinking beer," Ray said. "I employed Lachy to come up with a recipe and we went to a place in Adelaide called The Big Shed that does contract brewing. You go in and make it. About 10 hours later we had our first batch – 20 litres and put it on tap.

"We had to give it a name, and we wanted

"

My mother always made beer and stout, and I always wanted to have a crack at doing it too."

- Ray Carroll

something different. When we tossed around names and mentioned Bluff... we thought, that's close to Duff and we could run off their humour. People started calling it Duff by mistake.

"I didn't know whether *The Simpsons* crowd would have a crack at us so we for a world-wide trademark, and there were no objections."

As other international legal battles continue, our cool man Ray is pouring his cold Bluff beer without any challenge to registering the name and trademark because, of course, it was named after the location.

It's been a great talking point, and now he has a long-term vision – developing his own brewery.

Whether this leads to also having something like *The Simpsons'* Duff Gardens Theme Park featuring the Seven Duffs – Sleazy, Queasy, Surly, Edgy, Tipsy, Dizzy and Remorseful – is another matter, but Ray hasn't given up on introducing *Bluff Man* – costume and all, like *Duff Man* from the TV show.

Continued P6



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9 Tolarno Drive The Marina Hindmarsh Island \$399,000

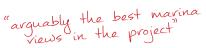
This absolute waterfront, two-storey three bedroom home, facing the tranquil Marina Basin offers unique design features that focus on waterfront living. Situated in the award winning Marina Hindmarsh Island Project and part of the prestigious Sales Development built by Prime Building.

This low maintenance Fleurieu getaway offers resort style living in close proximity to the tennis court, boardwalks and bicycle track. Positioned overlooking the main Marina with extensive water views from both levels – a truly enviable and therapeutic outlook to say the least. Generous living areas including a large upper balcony and lower patio with light filled rooms make this stunning home unsurpassed. All this luxury without having to worry about gardening, watering or security and only minutes from the central township of Goolwa and an hour's drive from Adelaide.

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From P4

Ray and Lochy did a second brew, this time at Tafe, Regency Park, and to make it less gassy they changed from gassing up the fermented tank to using a sugar solution, much in the same method as Cooper's Brewery.

"My mother always made beer and stout, and I always wanted to have a crack at doing it too," Ray said. And his dear mother, Clem, who died recently aged 90, loved his brew.

Ray, 55, has worked on shark and lobster boats, as a labourer in the building trade, and when he moved from here and went to Queensland in the late 80s started cooking and became a self-taught pizza maker.

"After 20 years in Queensland it was time to come back where I was born and bred," Ray said. "There were lots of pizza places over there with character, so in 2000 we set this place up.

"Before we started this in Victor Harbor there were the hotels, Chinese and the fish 'n chip shops. Mind you, we haven't got much more now. People say we don't need any more restaurants, but I don't think we need any more of the same restaurants. There should be a Mexican restaurant, Japanese; not big places, just small. The whole main street should be full of them and open at night and on weekends."

The secret to pizzas, according to Ray, is being consistent with how you make them. "That's so important, and it has a lot to do with who you employ," he said. "Everyone makes them differently. We've been lucky with the crew we have here." Over the past 15 years Ray has employed more than 100 part-timers in the Beach Cafe. On a good night he might do 280 pizzas in five and a half hours.

That's a lot of pizza, but he says success is about people enjoying the experience. We'll drink to that. "Two Duffs please... er, sorry, Bluffs." Ray has just got to get a barman like *The Simpsons'* character *Morris "Moe" Szyslak*.



Lilly Buttrose, Eucalyptus (detail), 2014, hand dyed raffia as part of the Handheld built to travel exhibition at South Coast Regional Arts Centre, Goolwa until July 19.



Presented by Goolwa & District Community Bendigo Bank

info@coastlines.com.au

Just a thought...

Life is easy when you just accept that some days you are the pigeon and some days the statue.

Until 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.

Until July 19

Handheld... built to travel is a free exhibition at South Coast Regional Arts Centre, Goolwa Tce, Goolwa, Wed-Fri 11am-4pm,

Sat-Sun 10am-4pm. Commissioned by Country Arts SA, the four pieces have been designed to fit inside a suitcase to enable easy transportation. Each of the artists, Nic Brown, Brad Lay, Lilly Buttrose and Cathy Sarles were asked to respond to and explore ideas of home, travel and place and they have all chosen to do so in unique and varied ways.

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@adfas.org.au

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

Continued P7





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Until July 24

New Journeys Exhibition, Signal Point Gallery, Goolwa Wharf Precinct, Goolwa Mon-Fri 11am-4pm, Sat-Sun 10am-4pm. Damien Shen's work is a classical approach to portrait... his Aboriginal and Chinese heritage influences his practice as he honours the characters and stories of his family. Contact 8555 7289. Free entry.

Until August 2

Rock, Paper, Scissors Exhibition, Stationmaster's Art Gallery, 20 South Tce, Strathalbyn. Landscapes, earth and nature. Celebrating fabrics and fabric art and more. Feature artist Oliver Koehn. Free. Wed-Sun 10am-4pm. Contact 8536 4263.

Saturday, July 4

The Supper Club at Mount Compass War Memorial Hall, Peters Tce, Mount Compass. *Trio Montagne* presents an evening of music with a taste of France, fun and romance. Novelty prizes for best French classic themed dress. Starts 8pm. Tickets \$15 from Mount Compass Sip 'n Save, contact 8556 8292.

July 3-5 & 10-11

The Odd Couple, Chapel Theatre, 14 Commercial Rd, Strathalbyn. Neil Simon's three-act comedy play has been adapted into a female version by the Strathalbyn Players. Friday and Saturday performances start 8pm, July 5 is 2pm matinee. Cabaret seating, tables of eight. BYO food and drinks. Adults \$18, concession \$12, children \$10. Contact 0497 672 278.

Sunday, July 5

Winter Charity Concert, Signal Point, Goolwa Wharf Precinct. South Coast Chamber Orchestra and *Neeto Octet* performing Rossini, Korsakov, C.P.E Bach, Mascagni and Copland. Starts 2pm. Tickets at the door; adults \$10, concession \$7.50, children under 12 free. Proceeds go to Alexandrina Connect Community Centre.

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Wednesday, July 8

Back to Broadway, Centenary Hall, Cadell St, Goolwa. Recalling the era of romantic music, colourful costumes, a chorus of dancers and singers. In a cast of five, John Ligerwood introduces new and exciting young Australian professionals to the stage. Starts 7.30pm. Adults \$35, concession and groups 6+ \$30, under 17 years \$18. Contact 1300 466 592

July 8-10

The Sponge Kids Arts Hub, Signal Point Gallery, Goolwa Wharf Precinct. Be inspired by the New Journeys exhibition and learn traditional weaving, make art and hear stories with Ngarrindjeri elders. Bring a smock and your imagination. Children U13 years must be accompanied by an adult. Sessions 11am-2.30pm and 1.30-3pm. Contact 8555 7289.

July 9 & 12

NAIDOC Celebrations at Strathalbyn Library, Colman Tce July 9, and Goolwa Signal Point Gallery, July 12. Held across Australia to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. Family-friendly activities including music by *Konnected*, light lunch, Kondoli, face painting, crafts, movies, storytelling, dance performance by *Ringbalin Porlar*. Free. 11am-2pm. Contact 8555 7000.

Saturday, July 11

The Old Fella and Linda McCarthy at Currency Creek Winery, 291 Winery Rd, Currency Creek. Combining comedy and music, they will perform together at last. Starts 6pm; tickets; \$59.50 inc. two course meal. Bookings essential contact, 8555 4013.

July 13-16

Cirkidz School Holiday Workshops, Centenary Hall, Cadell St, Goolwa for children of all ages. Each workshop builds on the skills learnt the previous day. You are encouraged to participate in all sessions for your age group, booking preference is given to those who attend all sessions. Contact 1300 466 592. Tickets \$10 per session.

July 13-31 (weekdays)

Coxswains course (subject to availability) includes elements of shipbuilding, safety and marine, radio operations at Goolwa Slipway Marina as part of *Skills for All* program. Contact Travis Henson 0427 701 504.

Wednesday, July 17

Scout, Centenary Hall, Cadell St, Goolwa. The team from Cirkidz and the South Australian Circus Centre are back. Watch the troupe bend, bounce. Tickets \$12, starts 7.30pm. Contact 1300 466 592.

Saturday, July 18

Hurley Winter Classic Surfing Competition. The Fleurieu Peninsula will host the first round of the national surfing competition at Waitpinga or Middleton. Free spectator entry. Venue will be posted on the day on Surfing South Australia's social media pages or call the hotline 0438 385 280.

Sunday, July 19

Burnside Symphony Orchestra, Centenary Hall, Cadell St, Goolwa. A program of symphony music including Butterworth a Shropshire Lad, Nickolai Myaskovsky Cello Concerto No. 2, Jonathan Hall, Soloist Schubert Symphony No. 5. Tickets at the door; adults \$20, concession \$15. Starts 3pm.

Tuesday, July 28

Obtain your boat/jet ski licence at Victor Harbor Primary School, The Parkway, Victor Harbor at 6.30pm. Cost: adults \$35. Bring ID. Contact 8552 4833 (b/h) or 8554 3333 (a/h) meredith@fcrash.com.au

August 2 & 9

Strathalbyn Bands Festival, Strathalbyn Town Hall. Spanning two Sundays, up to 20 concert, brass and town bands will be performing their own selection of music. Featuring bands from across South Australia, this a highlight on the Fleurieu Peninsula's musical calendar. Contact 0419 260 223.







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Prices: Adults \$16; concession/students \$14; Seniors card \$12; children \$12; Family \$49.

* Coffee session \$11 every Wednesday outside of school holidays.

Jurassic World

(M) Adventure, sci-fi starring Chris Pratt, Bryce Dallas Howard, Vincent D'Onofrio and Jake Johnson. Directed by Colin Trevorrow. Director: Colin Trevorrow. 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, July 3: 6.30pm; Sat, July 4: 6.30pm; Mon, July 6: 6.30pm; Tues, July 7: 6.30pm; Wed, July 8: 9.05pm.

Inside Out

(PG) Animated family movie starring Mindy Kaling, Bill Hader, Amy Poehler, Phyllis Smith, Lewis Black and Kaitlyn Dias. Directed by Pete Doctor. From Disney/Pixar and the 28: Fear and Sadness - try to guide her through life. Fri, July 3: 2.15pm; Sat, July 4: 12.01pm, 2.15pm; Sun, July 5: 1.25pm; Mon, July 6: 12.01pm, 2.15pm; Tues, July 7: 12.01pm, 2.15pm; Wed, July 8: 12.01pm, 2.15pm; Thurs, July 9: 10.20am, 12.01pm; Fri, July 10: 10.20am, 12.01pm; Sat, July 11: 10.20am, 12.01pm; Sun, July 12: 11.20am; Mon, July 13: 10.20am, 12.01pm; Tues, July 14: 10.20am, 12.01pm; Wed, July 15: 10.20am, 12.01pm; Thurs, July 16: 10am, 2.30pm; Fri, July 17: 10am, 2.30pm; Sat, July 18: 10am, 2.30pm; Sun, July 19: 11.20am.

Minions

(PG) Animated, comedy, family movie starring Sandra Bullock, Jon Hamm, and Steve Carell. Directed by Pierre Coffin. At the dawn of time, starting as single-celled yellow organisms, Minions evolve through the ages, perpetually serving the most despicable of masters. Continuously unsuccessful at keeping these masters - from T. Rex to Napoleon - the Minions find themselves without someone to serve and fall into

a deep depression. Fri, July 3: 2.30pm, 4.30pm; Sat, July 4: 12.15pm, 2pm; Sun, July 5: 1.10pm, 5.50pm; Mon, July 6, 12.15pm, 2pm; Tues, July 7: 12.15pm, 2pm; Wed, July 8: 12.15pm, 2pm; Thurs, July 9: 10.10am, 12.20pm, 2.15pm; Fri, July 10: 10.10am, 12.20pm, 2.15pm; Sat, July 11: 10.10am, 12.20pm, 2.15pm; Sun, July 12: 11am, 3.25pm; Mon, July 13: 10.10am, 12.20pm, 2.15pm; Tues, July 14: 10.10am, 12.20pm, 2.15pm; Wed, July 15: 10.10am, 12.20pm, 2.15pm; Thurs, July 16: 10.20am, 2.15pm; Fri, July 17: 10.20am, 2.15pm; Sat, July 18: 10.20am, 2.15pm; Sun, July 19: 11.15am, 3.40pm.

Magic Mike XXL

(MA15+) Comedy starring Channing Tatum, Matthew McConaughey, Elizabeth Banks, and Matthew Bomer. Directed by Gregory Jacobs. Picking up the story three years after Mike (Channing Tatum) bowed out of the stripper life at the top of his game, "Magic Mike XXL" finds the remaining Kings of Tampa likewise ready to throw in the towel. But they want to do it their way: burning down the house in one last blow-out performance in Myrtle Beach, and with legendary headliner Magic Mike sharing the spotlight with them. On the road to their final show, with whistle stops in Jacksonville and Savannah to renew old acquaintances and make new friends, Mike and the guys learn some new moves and shake off the past in surprising ways. Thurs, July 9: 2pm, 6.30pm, 9pm; Fri, July 10: 2pm, 6.30pm, 9pm; Sat, July 11: 2pm, 6.30pm, 9pm; Sun, July 12: 1.20pm, 6pm, 8.15pm; Mon, July 13: 2pm, 6.30pm, 9pm; Tues, July 14: 2pm, 6.30pm, 9pm; Wed, July 15: 2pm, 6.30pm, 9pm; Thurs, July 16: 4.30pm, 9pm; Fri, July 17: 4.30pm, 9pm; Sat, July 18: 4.30pm, 9pm; Sun, July 19: 3.30pm, 8pm; Tues, July 21: 8.50pm; Wed, July 22: 10.45am*, 6.40pm.

Far From the Madding Crowd

(M) Drama, romance starring Carey Mulligan, Matthias Schoenaerts, Michael Sheen, and Juno Temple. Directed by Thomas Veinterberg, Based on the literary classic by Thomas Hardy, this is the story of independent, beautiful and headstrong Bathsheba Everdene (Carey Mulligan), who attracts three very different suitors: Gabriel Oak (Matthias Schoenaerts), a sheep farmer, captivated by her fetching willfulness; Frank Troy (Tom Sturridge), a handsome and reckless Sergeant; and William Boldwood (Michael Sheen), a prosperous and mature bachelor. This timeless story of Bathsheba's choices and passions explores the nature of relationships and love – as well as the human ability to overcome hardships through resilience and perseverance. Thurs, July 16: 11.55am, 6.30pm; Fri, July 17: 11.55am, 6.30pm; Sat, July 18: 11.55am, 6.30pm; Sun, July 19: 1.05pm, 5.45pm; Tues, July 21: 6.30pm; Wed, July 22: 1.30pm, 4pm.

Paper Towns

(CTC) Thriller, romance movie starring Nat Wolff, Cara Delevingne, Halston Sage, Austin Abrams, Jaz Sinclair and Justice Smith. Directed by Jake Schreier. Adapted from the best selling novel by author John Green ("The Fault in Our Stars"), Paper Towns is a comingof-age story centering on Quentin and his enigmatic neighbour Margo, who loved mysteries so much she became one. After taking him on an all-night adventure through their hometown, Margo suddenly disappears - leaving behind cryptic clues for Quentin to decipher. The search leads Quentin and his quick-witted friends on an exhilarating adventure that is equal parts hilarious and moving. Ultimately, to track down Margo, Quentin must find a deeper understanding of true friendship - and true love. Thurs, July 16: 12.20pm, 6.45pm; Fri, July 17: 12.20pm, 6.45pm; Sat, July 18: 12.20pm, 6.45pm; Sun, July 19: 1.20pm, 5.35pm; Tues, July 21: 6.20pm; Wed, July 22: 1.20pm, 4.05pm.

Continued P9

Why not do a dinner & movie deal?: www.victacinemas.com.au



Ted 2

(CTC) Comedy starring Mark Wahlberg, Liam Neeson, Seth MacFarlane, Amanda Seyfried, and Morgan Freeman. Seth MacFarlane returns as writer, director and voice star of Ted 2. Ted must prove his personhood in a court of law so that he and his wife can adopt a baby. Fri, July 3: 4.15pm, 9.05pm; Sat, July 4: 4.15pm, 9.05pm; Sun, July 5: 3.10pm, 8pm; Mon, July 6: 4.15pm, 9.05pm; Tues, July 7: 4.15pm, 9.05pm; Wed, July 8: 4.15pm, 6.30pm; Thurs, July 9: 4.15pm, 6.40pm; Fri, July 10: 4.15pm, 6.40pm; Sat, July 11: 4.15pm, 6.40pm; Sun, July 12: 3.35pm, 8pm; Mon, July 13: 4.15pm, 6.40pm; Tues, July 14: 4.15pm, 6.40pm; Wed, July 15: 4.15pm, 6.40pm.



Terminator Genisys

Action, adventure, sci-fi movie starring Schwarzenegger, Emilia Clarke, : Jason Clarke, and Jai Courtney. Directed by Alan Taylor. The director of Thor: The Dark World helms this fifth entry into the Terminator franchise, following a new timeline where Kyle Reese (Jai Courtney, Divergent) goes back into the new past and teams up with Sarah Connor (Emilia Clarke, Game of Thrones) and an ageing terminator (Arnold Schwarzenegger). As Judgement Day looms, the group must do all they can to prevent the robot revolution. Fri, July 3: 6.40pm, 8.55pm; Sat, July 4: 4pm, 6.40pm, 8.55pm; Sun, July 5: 3.25pm, 5.35pm, 7.45pm; Mon, July 6: 4pm, 6.40pm, 8.55pm; Tues, July 7: 4pm, 6.40pm, 8.55pm; Wed, July 8: 4pm, 6.40pm, 8.55pm; Thurs, July 9: 4.05pm, 8.45pm; Fri, July 10: 4.05pm, 8.45pm; Sat, July 11: 4.05pm, 8.45pm; Sun, July 12: 1pm, 5.35pm; Mon, July 13: 4.05pm, 8.45pm; Tues, July 14: 4.05pm, 8.45pm; Wed, July 15: 4.05pm, 8.45pm; Thurs, July 16: 4.05pm, 8.50pm; Fri July 17: 4.05pm, 8.50pm; Sat, July 18: 4.05pm, 8.50pm; Sun, July 19: 7.45pm; Tues, July 21: 8.30pm; Wed, July 22: 10.30am*, 6.30pm.

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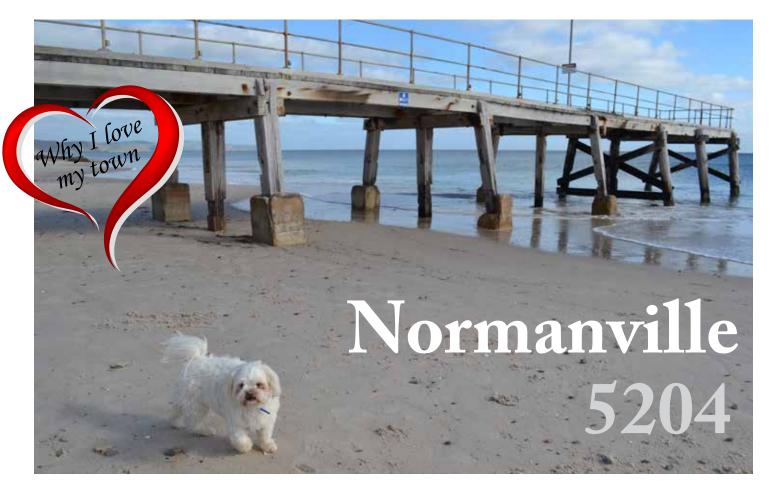
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e have some big things. The Big Pineapple on the Sunshine Coast, the Big Lobster in Kingscote, the Big Orange in Berri, and the Big Rocking Horse at Gumeracha. The list goes on, but as they say, we live in a small world.

If this is the case it's hard to think of anything more special than the Normanville Jetty. All 81 metres of it... but only 17m actually goes over the water.

Laugh the tourists do. They go into the Tourist Information Centre down the road at Yankalilla and ask: "Where's the rest of it (he, he, he)?" and the brilliant volunteers smile as if they had never heard that before.

It is actually Normanville's third jetty - the first was built at the mouth of the Bungala River and washed away the same year, and the second was 400ft long built in 1868, only to be wrecked by a fierce storm in 1948,

leaving us just today's little bit.

Mock we do, but there's one chap who doesn't want the jetty extended because, if it were, others would join him there fishing. "Catch anything?" the tourists' smugness rises again. Actually, a whopping snapper a few weeks ago - seriously, but he doesn't want anyone to know.

Call this small jetty syndrome if you wish, but the 30 or so volunteers who work shifts manning the tourist centre always see the bigger picture. "If it makes them happy, we're happy," Lyndell said. And no, we didn't forget her surname - she is one of the few in this country with just one name, changed by deed poll because she didn't want to go back to her maiden name Clark. "I didn't like being called Clarky," she said. Only the Clarks of this world would understand (maybe not). Anyway, it's another reason why Lyndall

sticks up for the small jetties, as does her friend, Sue Ruf, also a volunteer.

The marvellous thing is, the tourists talk about the jetty to people from afar, and then mention the magnificent beach line and everything there is to love about this place, including Yankalilla, which is joined at the hip but different in so many ways, The Links, Carrickalinga, and further down through the beautiful Second Valley.

Like many in this town, Sue moved here from Adelaide, eight years ago after visiting regularly since the mid-70s, and became one of the first to buy a block at The Links.

"In the warm days and cooler nights we sat on the foreshore eating our fish 'n chips from what used to be the Jetty Food Store (now at Port Elliot)," Sue said.

Continued P11



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From P10

"They were great memories, and we still have meals there."

"The community spirit makes Normanville special. People do good things for others, whether they be visitors or locals. Because it is a holiday destination the tourists have a relaxed look about them; they're enjoying themselves, and the happy vibes rub off on to the locals.

"When the tourists ask at the Visitors' Centre I tell them

there are a lot of things down here - you've got your walks, waterfalls, great food, the beach, great beautiful like Bungala, places for kids to go... a lot of things," Sue said. "It's where so many people rode a horse for the first time... ever-lasting memories."

A lot of towns have their pageant at Christmas, but Yankalilla does it differently - on New Year's Eve, and it works incredibly well. It was the brainchild of a passionate local named Janis almost 20 years ago, and for the past 17 Robyn and Nigel Burnett have been running the show by themselves.

It is a remarkable effort considering just how strongly the pageant is supported these days, and they 'called it a day' after the most recent event. They sure had done their bit, and many people would relate to how difficult it is to find someone else to take over. Not in Normanville; the people here love their town and what it represents.

Perhaps more than anything, the volunteers in many different but kind ways epitomise the welcoming spirit of Normanville. Lyndall has worked in the Visitors Centre for almost 14 years, making her the longest serving there. "I do it because I am passionate about the area," she says. "I love the customer contact. I love meeting people from all over the world.

"I also love it when I travel and go into a tourist office and people are also passionate about being local. I find they're the ones who tell me things that I am not going to find in a brochure. They'll tell you where you can run your dog on a leash or what is the best place to eat. That's what I enjoy telling people here."

And so Lyndall, Sue and the other volunteers



led by their equally-brilliant coordinator Natasha Hunt, tell the visiting dog lovers of this world that their pooches can roam free on the left-hand side of the Normanville jetty, but must be led on a leash on the right-hand side. It makes the jetty an important marker after all, an you will notice in our image this pooch is breaking the law. Shame on him.

Mike Gubbin, who had a fish 'n chip shop for four years, left to go to Arno Bay and returned four months ago to open a new cafe, would like to see the energetic local Yankalilla Council apply for a government grant to extend the jetty.

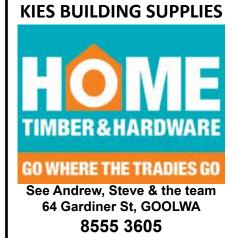
"This is a nice relaxed town, Mike said. "Good people; most definitely. People are in a good frame of mind when they come to visit. We have a strong community and stick by each other. The climate is good.

"I think it's great how they have kept the local agricultural show going (remarkably for 133 years this October), of which my mother (Betty) was president for 20 years or so. She was also the longest serving member of Meals on Wheels.

"Overall, I have lived here for 28 years. When my father passed away I came here from Adelaide to help mum run their beach kiosk. "This is a great place alright, but if only the jetty were longer. We had a shop at Wallaroo too, and the amount of people who went on the jetty on a hot summer's night was

It might be only one family at a time on the Normanville jetty, but the good thing is that there is no danger if you happen to slip between the gaps either.

Far left: The naughty little dog on the wrong side of the jetty. Left: Volunteers at the Tourist Information Centre at Yankalilla, Lyndall (left) and Sue Ruf.







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They turned up last Friday, picked up a hammer and saw life at its best... mates standing shoulder-to-shoulder and doing something meaningful. For many, it's about mental health and communicating. They are members of the Victor Harbor Men's Shed, and like that old rocker Joe Cocker, they all get by...

With a little help from my friends

llan Edmondson-Stott gave up his job as a sheet metal worker in Adelaide in the mid-70s and formed a band in Sydney, the *Mixed Bags*.

Over the next 50 years stardom came, mostly in the glamorous league clubs scene supported by a 10-piece band doing his fabulous *Joe Cocker Show* minus the drugs and excessive alcohol.

In so many ways, his fascinating, colourful background sums up what he's doing now with a little help from his friends — as one of the leaders of a mixed bag, some of the most likeable blokes you could ever meet, in The Men's Shed, at the Encounter Centre, opposite the Encounter Bay Oval.

Here, every Friday morning 9.30 sharp, 20 or so good men turn up and play with wood. They make things, learn the craft and create. Come 10am they're sitting down eating these delightful cakes made by Sandy, wife of one of the men, John Mardell, bless her, and talk their hearts out over a coffee about everything from who's got a tandem trailer to whether Port and the Crows will make the finals.

They go back to planing and sanding timber, and during a quiet moment a bloke may privately ask another about issues men don't usually talk about. It may relate to not coping with grief, loneliness, mental anguish, struggling as a carer, and that horrible prostate, for this is more than a place for the wooden hearted, it's where they stand shoulder-to-shoulder and be real men.

Not everyone is enduring some degree of private pain. Some simply go for something to do, but in every case it's about enjoying Sandy's coconut slices and communicating amongst men – some for the first time in their life.

Dean Wickham admits it's debatable, but there is claim to Victor Harbor having had the first men's shed in the world when blokes first got together and made wooden toys while dealing with secret men's business on the seafront on Victoria Parade in 1981. The group faded out, but the wooden toy concept evolved to be part of the Encounter Centre.

The Australian Men's Shed Association was not officially established until 2007, and now has more than 1000 Men's Shed groups making it the largest association in Australia focusing on male health and well being.

The Victor Harbor Men's Shed was reestablished in October, 2011 with real help from friends. Members of the Adare Uniting Church prompted the move as an outreach project, and allocated \$25,000 for its establishment. Typically, both the Encounter Bay and Victor Harbor Rotary clubs, and the Victor Harbor-Port Elliot Lions Club chipped in to purchase machinery and tools. The Encounter Bay crew have also put aside another \$25K to build a new shed.

According to Allan, 72, the group has well out-grown the workshop they can only rent on a Friday within the Encounter Centre. "We get about 20 each Friday, but there are more than 100 men on our books," he said. "We find that for various reasons Friday is not a good day for older people... quite a few have unfortunately dropped off the grid."

And here's the crunch. The Victor Harbor Men's Shed can apply for grants to put everything in the shed, but not to build a new shed. They're aiming to raise close to \$150K and relocate so the men can meet every day of the week if they wish, and the need is great.

Negotiations are currently being held with the Mud 'n Tars motorcycling group to build a shed on the land they have access to, and their willingness to try and work something out to achieve a positive outcome for all concerned has been heartfelt.

There is currently no formally structured committee for this Men's Shed, but according to Dean, Dennis Williams, then on holiday, is "sort of the head honcho." He adds: "Dennis taught carpentry at Tafe so he has the skills and the ability to train and accredit newcomers. Everyone must be accredited to operate the machines, which is part of our safety standards."

Allan, known here as *Deputy Dawg* from the Terrytoons cartoon character (it's a men's thing), said there was a powerful feeling

among the men at these Friday sessions.

"We have a wide variety of people, nearly all retirees," Allan said. "Some live in retirement units and don't have a shed like they once did. The problem we have seen with that is they get depressed, and they just tend to stay away from everything.

"Here, if they have been a tradesman they can show other people to do stuff; their time is suddenly meaningful and their whole life changes because they feel important, which is great.

"We have had three guys who were suicidal... they were really down. We have a chaplain and a professional counsellor so we have access to guide those suffering in this plight the right way. We cannot offer professional



advice ourselves, but just by coming here blokes have really picked up; they are no longer feeling down and out which is fantastic.

"You don't have to be a carpenter to be here. We have someone who had a metal engineering business so we will work with sheet metal as well. We have a couple of chefs so we have cooking classes for men who are now alone or have become carers, and instead of eating rubbish we show them how to cook simple but quality meals.

"Because we don't have our own place, we have a whole kitchen with appliances that has been donated by the Victor Harbor Bowling Club, where we used for the last lot of cooking classes.

"We want have computer classes as well. We do have a lot of skills, and it is not all carpentry or woodwork. Most Men's Sheds tend to lean that way, and besides, working with wood is pretty special. The only thing is with wood, if you cut something too short you can't weld something on.

"The guys get an enormous sense of pride in making things to help other people... it's something they enjoy immensely. We have done projects for the South Coast Choral & Arts Society, and made things like seating in the shape of a whale for the Whale Centre. Unfortunately, one of the problems we have is that it is hard for us to do larger community projects because we have nowhere to store them."

And, for some, that remains the biggest problem, which is a far cry from their concerns in life before they became part of this brilliant Victor Harbor Men's Shed group where real men stand shoulder-to-shoulder. Now, there is a lot of laughter. And to think in the smoke-filled bars of Parramatta, Allan used to sing *Cry Me a River* every night.

If you are interested in joining the Victor Harbor Men's Shed call in around the back of Encounter Centre on a Friday morning and ask for Allan, Dennis or Dean.

No.58 is a coffee and cellar door experience on the Waverley Estate at Port Elliot with the 159-year-old home and complex brilliantly revived by Campbell and Anna Haigh.

Discover why this place is...

A whole new ball game

Behind No. 58, a fabulous coffee hub come cellar door on Waterport Road, Port Elliot there is the magnificently restored Waverley homestead, celebrating its 160th year.

Hidden by a boutique one-acre vineyard and in the shadow of a giant Morton Bay Fig Tree, it has thankfully regained its character and splendour.

However, the real treasure is the man who was prepared to tap into our local skills force for this restoration and share his wonderful vision with the community in the name of art, tourism and heritage.

Meet Campbell Haigh, husband of Anna, father of Owen, 13, who makes a fortune selling eggs thanks to his 12 chooks and is guardian of Molly and Maggie, the adorable Border Collies who drive you mad with their demands to play fetch with the

most driveled tennis ball since John McEnroe was a fourth-round loser in his last Grand Slam 23 years ago.

In a silly sort of way these adorable canine chums sum up what this No.58 place is all about; they ooze with charm, and before long so many people become involved. Through Campbell and Anna, they brought in 20 or so local stonemasons, carpenters, painters and so on to work on the restoration of the five sandstone dwellings – mostly built in 1856 – that have a total of eight rooms and can host as many as 22 tourists at any one time.

There are also those in the wine industry



who help with the vineyards and the making of the Haigh's *Thunderbird* label featuring superb drops of Shiraz, Cabernet Sauvignon Blanc, and Chardonnay, plus the casuals in the coffee shop/cellar door.

Also, with enormous pride, ever since Campbell opened the doors to No. 58 four years ago he has invited award-winning local artists like Tom O'Callaghan and Lisa Ingerson and other brilliant artisans to show their finest works.

And because of this open, community feel, a pool of warm friends return as frequent as Molly and Maggie when they play fetch.

Campbell doesn't say much of his achievements; there is humility, but you feel a profound sense of pride knowing he offers people encouragement to visit this area. The reasoning fits with his role on the Fleurieu Peninsula Tourism Board.

"I feel good about trying to provide an atmosphere that's home away from home for a lot people, as if they are coming into their own living room," Campbell said. "We have made it relaxing as possible. We are fortunate that we have attracted a very local clientele as wells as tourists at large which is excellent for the region.

"The offering here is so wide and varied, and it is hard sometimes to encapsulate everything into one. How do you market and sell that whole concept to tourists? I think that's why operators who get directly involved with the SA Tourism Commission and the tourism offices are also engaging with local people.

"I am very passionate about living here... it is just an amazing region. There is so much here from the food to the wine even to the people.

"There are so many artisans down here making fabulous work from ceramics to iron works, to paintings and installations... all the things you see along the roads, from the surfboards to the sandstone and iron ornaments that you have in Middleton. It's a a big melting pot of people, and I think that makes this whole region unique."

Waverley Estate itself has become a tourist attraction. Campbell and Anna took it over in 2004, and spent more than \$200,000 on the renovations starting just over two years ago. They have retained the natural heritage and charm; nothing has been overdone. Classic old doors and mirrors and the original light fittings have been restored. There are new ceilings and roofs, and the stone tiles inside and outside are magnificent.

Yet, for all of the class, indeed tasteful attention to detail, Campbell, the son of a lawyer, has no building design background.

Continued P15

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From P14

His journey is long, from working in hospitality in between uni studies to the corporate world, commercial management with SeaLink, opening hotels for the Medina Group around Australia, and marketing with National Mutual.

These days it's the cellar door and the vineyard that consumes his almost every day. The family moved here permanently in 2007, and No. 58 was built almost five years ago. After selling off their grapes in bulk to an Adelaide Hills winemaker, they started to make their own wine under the *Thunderbird* label.

And it is this project where you see Campbell in a different light. Normally he's the immaculately-dressed consummate host, but come the other days he's toiling in the vineyard, from slashing the grass between the isles to fixing the water links — a horrible job often caused by snakes biting into the PVC pipes.

But Campbell loves every moment of getting his hands rough and dirty doing this bits 'n pieces vineyard work, even when the starlings swoop literally in their thousands and peck the precious grapes.

"The grapes seem to grow well in this climate... we're lucky because we get the sea breezes and not necessarily the frosts,



and you don't get the heat that sticks around other regions," Campbell said. "If it is 45 we always usually get that sea breeze at night.

"The climate is good for the Shiraz, which is our premium wine. It has that full-bodied flavour, deep and fruity."

The No.58 Campbell we see is always engaging with the clientele. "I love chatting to the older people and finding out about their lives and hopefully making a difference to their day and not just what I call processing people," he said.

"It has a family feel. We love kids wearing the dogs out." Maybe that last bit was Campbell the comedian. No one has ever tired-out Molly and Maggie, nor Owen's real freerange chooks, all of whom seem to love the lifestyle more than anyone.



Top left: The No.58 cellar door. Top: Entrance to the main Waverley Estate homestead. Above: One of the dining rooms.



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There is no "middle man" – the G&DCBB staff are trained at providing customers with their insurance needs, and if required are available to talk face-to-face about your coverage or claims.

Importantly, you may choose to pay fortnightly or monthly at no extra cost or penalty. There is also no extra charge if you change something or ask for a copy of your policy schedule.

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There can be so much to consider when it comes to insurance and it's basically why few like to talk about it – but sometimes we must. In the unfortunate case of crashing your car into someone's fence, are you covered for the repair or replacement of that fence? Does you home insurance cover you if a child accidentally knocks your television off the cabinet? And we have all heard some concerning stories of people going overseas and being unable to get medical attention if they are sick or injured because they don't have the right travel insurance.

Unfortunately, some people have a poor

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image of insurance companies when they go to make a claim, but there certainly are good, trustworthy people in the game. It simply becomes a matter of finding someone prepared to make an effort to help you direct – you need to know what you are paying for, and what you are not covered for. You don't get that service applying for insurance online

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Wonderland on ice

Sir David Attenborough is walking for days and days across the Antarctica when suddenly he turns to his guide and says: "My goodness, a Pygoscelis from the Spheniscidae." His guide says: "Sir David, do you mean that penguin?" And Sir David says: "Yes, my friend, and today I think we are in for something special."

They follow the penguin who is close to death. Walking slowly behind him are hundreds of other penguins, listening to him gasping for air. Suddenly, the poor penguin dies, and Sir David says: "Now watch this, guide."

The penguins gather around the poor soul with such a sad look on his face, and start making a circle in the ice with their beak. Around and around they go til all of a sudden the dead penguin slowly sinks into the icy water bringing tears to Sir David eyes.

Then, as one, the penguins sing: "Freeze a jolly good fellow, freeze a jolly good fellow..."

You're nuts

A man visits his aunt in the nursing home. It turns out that she is taking a nap, so he just sits down in a chair in her room, flips through a few magazines, and munches on some peanuts sitting in a bowl on the table.

Eventually, the aunt wakes up, and her nephew realises he's absent mindedly finished the entire bowl. "I'm so sorry, auntie, I've eaten all of your peanuts."

"That's okay, dearie," the aunt says. "After I've sucked the chocolate off, I don't care for them anyway."

Yes it is...

A man and a woman are having a quiet, romantic dinner in a fine restaurant. They gaze lovingly at each other and holding hands. Their waitress suddenly notices the man slowly sliding down in his chair and under the table, but the woman acts unconcerned. The waitress watches as the man slides all the way down his chair and out of sight under the table. Still, the woman appears calm and unruffled, seemingly unaware that her companion dining has disappeared. The waitress, thinking this was somewhat risque behaviour that might offend Laugh Lines

other diners, goes over to the table and tactfully begins by saying to the woman: "Pardon me, but I think your husband just slid under the table." And the women calmly replies: "No, actually he didn't... he just walked in the door."

Boom, boom...

The warden of the Pankrac Prison on the outskirts of Prague in the Czech Republic announces the release of a serial bank robber who has looted 30 banks before his capture. The parole board declares he is completely rehabilitated and has found employment near his home in Prague.

When questioned by reporters, the warden says: "Yes, that is correct; completely rehabilitated. We have been able to right a bad Czech."

Tex the tough cowboy

Tex the tough old cowboy sits on the front porch of his ranch house and tells his grandson that the secret to long life is to sprinkle a pinch of gunpowder on your cereal every morning.

"Yep, little fella," Tex says to his grandson. "Every morning, and look at me, I am still healthy at 112."

"Wow," says the grandson. That afternoon Tex gets run over by a truck and dies, leaving four children, 20 grandchildren, 30 greatgrandchildren, 50 great-grandchildren and a 45 metre hole where the crematorium used to be.

Good news, well...

A doctor says to a bloke: "Do you want the good news first or the bad news."

The patient starts freaking out. He says: "What's the bad news?"

The doctor says: "You have 24 hours to live." The patient says: "Only 24 hours... what could be worse than that?"

And the doctor says: "I have been trying to contact you since yesterday."

Dad jokes...

What was E.T. short for? So he could fit into the spaceship.

How do two psychiatrists greet each other? You are fine, how am I?

Where do bees go after they get married? On their honey-moon.

Why was the sick man arrested in his car? For Driving Under the influenza.

What are two things you don't eat for breakfast? Lunch and dinner.

Why did the music teacher get locked in his classroom? His keys were inside the piano.

What did one skunk say to the other skunk when they were cornered? Let us spray.

What kid of garden does a baker have? A flour garden.

How do hair stylists speed up their job? They take short cuts!

What is a boxer's favourite drink? Punch.

Useless trivia

The human heart creates enough pressure when it pumps out to the body to squirt blood 30 feet.

Most lipstick contains fish scales. Yum.

Celery has negative calories! It takes more calories to digest a piece of celery than the celery has in it to begin with.

Roses MAY be red, but violets ARE, indeed, violet.

Houdini's real name was Ehrich Weiss.

Barbie's full name is Barbara Millicent Roberts.

The sound of E.T. walking was made by someone squishing their hands in jelly.

Peanuts are one of the ingredients of dynamite.

There are more chickens than people in the world.



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Old Jack Frost set to go on the march in July

Not good. It seems Jack Frost is about to acquaint himself again with Old Man Winter. We may laugh at the personification of these characters, but they can be a real nightmare for gardeners.

Frost forms when conditions are very cold – around zero degrees – and clear. The overnight temperatures are generally warmer because the cloud layer

Ready, set...

GROW

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

traps some of the day's warmth, and frost is less likely.

Frost damages plants because the moisture inside the cells of the leaves, stems and shoots will freeze when temperatures fall. The water inside plants will expand as it freezes, and a sudden melting of the frozen liquid will damage plant tissue.

In many ways, frost has the same impact on plants as burning from too much sun; it usually affects the growing tips or exposed leaves. Interestingly, Australian native plants that are indigenous to frost-prone areas will be frost tolerant.

There are ways of reducing the likelihood of frost or minimising the impact:

- A fine watering system turned on very early in the morning (before sunrise) will reduce the likelihood of frost damage or will gently melt ice that has formed. If you don't have a watering system, gently hose frost-affected plants before the warmth of the sun can rapidly melt the ice. This gentle thawing should reduce cell damage
- Use frost protection products such as plastic sleeves or put newspaper or straw over annuals or vegetable seedlings at night.
- Move pot plants to a position under eaves of the house.
- Larger areas can be draped overnight with shade cloth (which should be removed the next morning).
- Some plants have adaptations which make them frost resistant

 leaves that hang down such as with some species of rhododendrons; lower internal freezing points; toughened outer "skins" on leaves. Dormant plants are frost resistant until the dormant period breaks and new shoots form.
- If you have plants that are burnt by a frost, do not cut off damaged foliage until after the frosts have finished for the year. The damaged leaves will protect other tissue from further damage.

Ask the team at DSM about what is best on the market to help your plants get through a tough, cold winter.







Proprietors Tony & Sophie Harris



Welcome to the **MARKET TRAIL** where 'she' sells sea shells by the sea shore. Joy Hurling of Mount Compass loves knitting, goes to the local markets, has a business called Nimble Knits, and...

She sells beanies

oy Hurling certainly brings colour to our markets at Willunga and Goolwa with her bright beanies, and she is also part of a group of more than a thousand enthusiastic knitters across the nation putting more brightness into the lives of so many.

The group is Knit4Charities, an Australian-based association of dedicated knitters, crocheters, sewers and other crafters who give warm clothing and comforting items like blankets and toys to needy people.

"I have knitted all my life since my mum taught me when I was five or six," Joy said. "To be able to give items beyond what I sell at the markets to the homeless and women's shelters here gives me a lot of satisfaction."

Joy, whose business is Nimble Knits, is so passionate about making beanies that she attended the 19th annual Alice Springs Beanie Festival mid-June, a community-based fun event created to sell beanies crocheted by

Aboriginal women in remote communities. Aboriginal and non-Aboriginal artists share their culture and exhibit together, and the



festival is unique because of the incredible amount of community participation and the close ties with local Aboriginal organisations.

The aims of the festival have always been to develop Aboriginal women's textiles, promote women's culture and the beanie as a regional art form, plus promote handmade textile arts.

Joy has been presenting her fabulous work at our markets for the past 10 years, especially at the Willunga Quarry Market, Willunga's first market established in 1986, on Aldinga Road on the second Saturday of each month from 9am-1pm. She has contributed so much time and effort into promoting and presenting this market, and it has certainly grown in popularity.

Apart from her beanies – "I just love knitting them in bright colours," she says – Joy produces ponchos and tea cosies.

You can't miss Joy at the markets – the colour brightens up a cold winter's day.

Contact: nimbleknits@gmail.com; find Joy on Facebook. ■

Please support your local market. e: info@coastlines.com.au

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: In recess for winter... normally 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 Sourh Rd. Myponga. Port Elliot Market: First and third Saturdays of the month, 9am-1pm June, July & August. Lakala Reserve, Rosetta St, 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 St, Victor Harbor. Willunga Farmers' Market: Every Saturday, 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.

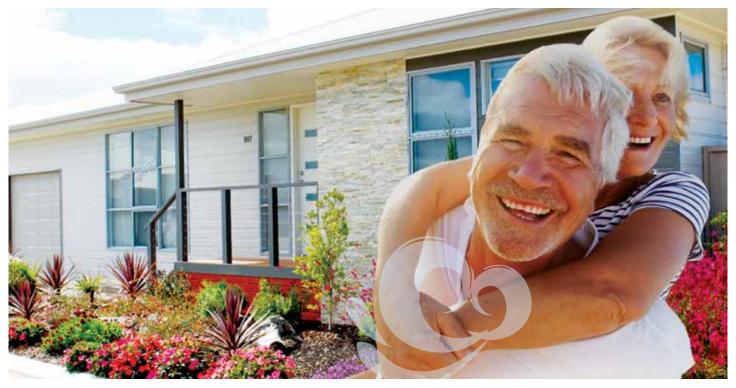
Myponga Wholesale Country Market: Weekends and public holidays (excluding Christmas Day) 10am-4pm. Old Myponga Cheese Factory, 46 Main South Rd, Myponga. Strathalbyn Market: Third Sunday of month 8am-2pm, Lions Park, South Tce, Strathalbyn.

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.



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EAT WAVE with Jenny



Broccoli & Cauliflower with Orange Marinade

Ingredients

2 cups broccoli florets, washed

2 cups cauliflower florets, washed

3 tablespoons olive oil

1 small red onion, peeled and sliced

1 clove garlic, crushed

3 tablespoons fresh orange juice

¼ teaspoon salt

¼ teaspoon sugar

pepper to taste

red chilli flakes (optional)

Method

Steam broccoli and cauliflower florets for 5-7 minutes, or until just tender (do not overcook)

In a small saucepan heat olive oil on low heat. Add onion and crushed garlic, and stir over low heat for a minute. Add orange juice, salt, sugar and pepper. Stir for another



minute then remove from heat. Drain florets and place in serving dish. Pour over orange marinade and sliced onion. Can be served hot or cold.

Note: Broccoli and cauliflower can be cooked in microwave instead of steaming. Lemon juice can be used in place of orange juice, for a more acidic taste.

Special Fried Rice

Ingredients

2 cups long grain rice

3¼ cups water

4 rashers short cut bacon, finely diced

3 slices cooked pork

250g cooked prawns, peeled and diced

4 spring onions, finely sliced

1 teaspoon grated fresh ginger

¾ cup frozen baby peas

1/4 cup soy sauce

sesame oil for frying

Method

Wash rice in cold water. Place drained rice in a saucepan and add 3¼ cups of cold water. Place on medium heat with lid off, and bring to a slow boil. Continue to slow boil for four minutes. Place lid on the saucepan and remove from heat. Let stand (on a heatproof surface) while preparing other ingredients for the fried rice. (Rice should stand for at least 10 minutes).

Add a tablespoon of sesame oil to a large frying

pan over medium heat. In a bowl whisk the eggs with a fork. Pour whisked eggs into the frying pan and cook like a pancake, turning once. The number of pancakes will depend on the size of the pan. Set aside pancakes on a plate. Remove frying pan from heat, and allow to cool slightly. Wipe pan with some paper towel, and add fresh sesame oil. Return to medium heat.

Add diced bacon to pan and cook until crisp. Remove bacon from pan and place on a plate covered with paper towel. Chop cooked pork, cooked prawns and spring onions. Return pan to medium heat, add a little more oil and add pork, prawns, spring onions, grated ginger, frozen peas and cooked bacon. Stir over medium heat until heated through. Add rice and sliced egg pancake. Stir to combine, and continue to heat through. Make a 'hole' in centre of the rice and add soy sauce; stir gently to combine. Serves

Note: other vegetables may be added - thinly sliced carrot, celery, etc. Just sauté in pan before adding rice.



EAT WAVE





You will absolutely love these biscuits... real, old-fashioned macaroons. Dark or milk chocolate may be used – 'regular' chocolate is preferred to cooking chocolate.

Ingredients

225g moist coconut flakes
3 large egg whites (or 4 small)
¼ cup sugar
3 level tablespoons plain flour
½ cup almond meal
75g dark (regular) chocolate - for coating.

Method

Preheat oven to 160°C.
Line a baking tray with baking paper. Place

and flour in a bowl. Stir with a fork until well combined.

Using clean hands, roll about a dessert spoon full of the mixture into a ball and place on a baking tray lined with baking paper. Mixture will make approximately 12 macaroons.

Flatten each ball slightly with the back of a spoon. Bake for 20-25 minutes, or until lightly golden. Remove from oven tray and allow to cool.

Gently melt chocolate in a small bowl in the microwave (or in a bowl over hot water). Using a dinner knife, spread melted chocolate over the bases of the macaroons. Allow chocolate to set, then enjoy.







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Oh my, Myponga became the victor

The Myponga league netball girls achieved a rare feat over the past six years – they beat Victor Harbor.

Amazingly, the 49-35 result at Myponga several weeks ago was only the second loss the Kangaroos had suffered in 109 games since the start of the 2010 season – the first being the 2012 grand final.

It left Myponga unbeaten in the Great Southern Netball Association, and given this terrific win they are well placed to stop Victor from winning its fifth grand final in six years.

Myponga coach David Guley will no doubt be reminding his players there is still a lot of work to be done before they can even think about finals, but the result has certainly hotted up the competition.

Myponga has not won a GSNA league grand final since its golden patch, winning from 1988-90 and in '92. It has won an equalrecord 12 GSNA premierships

with Mount Compass since joining the competition in 1968. In another possible huge local sporting drought-breaker, Mount Compass is flying high in the Great Southern Football League, two wins clear on top of the ladder. The Bulldogs have not contested the finals since 2009, or won a premiership since 1980. Their only other flags were in 1954 and '59.

Mount Compass suffered its first loss for the season against another big flag contender Goolwa-Port Elliot, which as an amalgamated club since 2001 has not finished higher than fourth.

There are no football or netball matches this weekend because the GSFL is involved in the Country Championships Port Augusta. The local lads are certainly full of confidence having recently thrashed the Southern Football League by 113 points.

