

Coast Lines

March, 2016 Vol. 5 #73

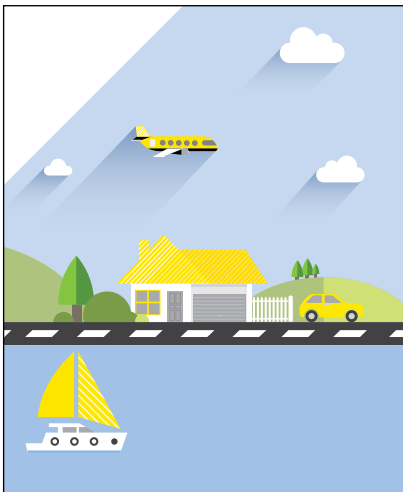
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Our cover

It seems Victor Harbor is not just a 'God's waiting room' after all; the playgroups are getting bigger (see P12). Pictured is Investigator College playgroup coordinator Kate Mueller with two attendees, friends Isla (left), four, and Ruben, three.

This Month

Easter, St Patrick and Tanby



Welcome to our new edition. We will observe Good Friday on March 25, but not all churches around the world will recognise the death of Christ on this day – it depends whether they go by the Gregorian or Julian calendar. The dates are based around the *paschal* or passover moon, which can be observed on different days depending on which side of the international date line you stand.

For us, the earliest possible date for Good Friday is March 21, which occurred in 2008, and the latest possible date is April 25 – Anzac Day – which has not happened since 1943 and won't happen again until 2038.

Interestingly, in the United States of America, which bears the motto *In God We Trust*, only 11 of its 52 states have a public holiday for Good Friday.

The tradition of Easter Bunny (he's real) began early 19th century as a symbol of life – the fact that rabbits tend to have many offspring – known as kittens. The tradition of the eggs goes back centuries as a symbol of the resurrection of Christ. The first chocolate eggs

appeared in France and Germany in the 19th century.

St Patrick's Day, a cultural and religious celebration commemorating the traditional death date of Saint Patrick (385-461AD), the foremost patron saint of Ireland, is on March 17.

While we share this marvellous occasion and sip green beer with our Irish friends, those in their homeland will be wondering what happened here on Monday, March 14. They will think it was our special day of great significance as they look up the internet and open to the Australian Government site that lists the reasons for all public holidays, i.e. Queen's Birthday, Labor Day, and alongside March 14 they see: *March Public Holiday South Australia*.

Absolutely no official reason, but we all know it is the day of our great race, the Adelaide Cup.

And the Irish ask us, who won the Cup last year? Of course, we all know that it was Tanby, now a nine-year-old which ran last at 60/1 at Sandown in its most recent start. Oh, what silly people we are.

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Some of the members of the Coorong Dragons... back row (from left) Annie Beach, Tracey Watson, Jenny Mullet, Jerry Sanders, Greg Mitchell. Middle row: Brigitte Chapman, Roylene Nixon, Fiona Sanders, Tanya Mitchell, Ashley Watson. Front: Christine Graham, Rebecca Moore and Anne Parton.

Awesome and aiming for more wins in a row

They're the Coorong Dragons, and having won medals at Masters national and state level, these keen dragon boat racers are aiming to win a lot more this month.

The Goolwa-based club, which recently celebrated its third birthday, will have a strong contingent in the state championships in Adelaide on March 19-20 and the national titles, also in Adelaide from March 23-29. However, they're not quite in the big league to compete in the world titles at West Lakes from April 1-7.

Continued P4



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**10 Britannia Parade
The Marina Hindmarsh Island
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Beautifully Presented North Facing Home from the street side alignment right through to the water's edge. It is unusual to find a home that has been so well maintained. Built in 2009 by Hickinbotham Homes and now fully established. Consisting of four bedrooms all with built in robes and two bathrooms. The living, dining and entertaining area all overlook the Hutchinson Lagoon. The kitchen is modern and spacious, with plenty of bench and cupboard space.



The little details have not been missed, 9 foot ceilings, solar system with 14 panels, ducted reverse cycle air conditioning and jetty upgrade with both power and water. 10 Britannia is one that must be inspected to truly appreciate not only the quality, but the wonderful ambiance this fine property has.

771m2 Land size, 12m waterfront. 239.64m2 House size



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**14 Britannia Parade
The Marina Hindmarsh Island
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For the those that require that extra room. 14 Britannia will appeal to those that need a choice of rooms to suit their busy life style or career. One for the gym, one for the office, one for hobbies, three for the kids and one for the owner! This grand property caters for all. Architecturally designed and built in 2005. Situated in the Marina Hindmarsh Island Project and positioned on the north side of Britannia Parade.



The lower level comprises of a four car garage with access to the rear of the property; two bedrooms, bathroom, laundry and living. The kitchen is a central feature which enjoys attractive waterfront views. Try not to get lost upstairs! On this floor you will find a second living room, storage room, two more bathrooms, spa bath, and five more bedrooms.

The exterior of the property is fully established and landscaped right down to the water's edge. Other features include, jetty upgrade, high ceilings, air-conditioning, heating and ceiling fans.

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A 360 degree view of Goolwa Wharf. Image: David Hancock Hypervision. www.hypervisioncreative.com

Destination: Goolwa Wharf precinct

The Goolwa Wharf precinct is on the cusp of further evolving into a stunning lifestyle, cultural and heritage hub that will deliver a fresh wave of tourism to South Australia.

This planned new activation of an entertainment experience also has the potential to give the Fleurieu Peninsula a prominent landmark resulting in a significant boost to the local economy.

It is part of a vision covered in a 2016-18 strategic plan presented last month by the Goolwa Wharf Precinct Board to the Alexandrina Council. It calls for an engagement with the local community to further develop existing businesses and to create new opportunities that will make Goolwa a year-round destination to discover, experience and celebrate. The branding and marketing component will present everything it has to offer on a plate to the fiercely competitive tourism sector at international, interstate and state-wide levels.

A key to the overall expansion in infrastructure and development will be the extension of the Goolwa Wharf, which will give the biennial South Australian Wooden Boat Festival a unique opportunity to have tourists stepping off the SteamRanger train platform and walking into the sight of a flotilla of paddle

steamers puffing into dock.

Festival organisers have always wanted to create this rare sight of majestic splendour that will capture international attention, but it has never been possible because of a shortage of mooring facilities. The Alexandrina Council, which owns the event, will make every endeavour to have work on the wharf extension completed in time for the next festival in 2017.

Not only will the additional paddle steamers represent the most exciting new feature in the festival's history and separate the event from the rest, the entire project will give people another reason to come to Goolwa. Also, a planned turntable for the SteamRanger will merely add to the uniqueness.

The Goolwa Wharf Precinct Board is a semi-autonomous subsidiary of Alexandrina Council and was established to maximise opportunities in-and-around the wharf precinct in this vibrant historic and natural setting. It also covers the Centenary Hall in Cadell, Street.

The board consists of Ian Darbyshire as an independent chairman, Miranda Lang, another independent member with a strong tourism and marketing background, Graham Pratt from the Friends of the Oscar W Inc, Grantley Schmidt representing a commercial operators group, Steve Grieve, who is on

“More tourists will result in businesses getting stronger on the wharf, which spins into the whole community getting stronger.”

– Goolwa Wharf Precinct chairman Ian Darbyshire

the Alexandrina Arts & Cultural advisory committee, and Alexandrina councillors James Stewart and Frank Tuckwell.

As chair, Ian brings a lot to the project with his tremendous experience in tourism and marketing, including his time as CEO with the SA Tourism Commission and head of the Rundle Mall Management Committee. His link as chair of the Murraylands Tourism Partnership is obviously also important to the Alexandrina region.

Ian believes the Goolwa Wharf redevelopment represents an opportunity to make it a major tourism destination for the



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people of Adelaide and the state.

"It is not a long way from Adelaide... we have somewhere really enjoyable to come down to, and people see it as a destination that gives them dependable things to do," Ian said.

"More tourists will result in businesses getting stronger on the wharf, which spins into the whole community getting stronger. Then as we build the destination with potentially more room for accommodation, people will now be not just thinking about coming down for the day, but spending longer there. It becomes a great place to base yourself because there is always something to see and do.

"I can see more food offerings springing up, and the market getting stronger."

Ian said communication and cooperation between the relevant parties and the community would remain an important element of this project.

"The key is having strong communication with local businesses, not just the Goolwa Wharf Precinct," Ian said.

"Also, communication with the consumer is important; what is going on, why you would want to go there and enjoy yourself. This spins for the business people who need to also communicate with their potential consumers on what brings them to Goolwa.

"The Alexandrina Council has been really forward thinking in doing this. The fact we have a board working hand-in-hand with the council so we can make semi-commercial decisions is a great opportunity."

As the nominated representative for businesses nearby the wharf, Grantley said the project was not just about the business people of today, but the town for the long term future.

"The formation of the board is a great thing because its charter includes encouraging



more tourist traffic and more businesses to come to the wharf and operate," he said.

"We have to work out ways of promoting the wharf as a precinct and come up with good ideas to get more people through this area so small businesses can operate and survive. "We can encourage more people to visit in a variety of means... offering more attractions is an obvious one. At the moment we are doing a free live band on the wharf once a month, which the Cittaslow group is catering for, and that is being well attended. There are lots of other things that can be done.

"The market is a great attraction, the SteamRanger is fantastic, the Steam

Exchange Brewery is doing well with their beers, and the Oscar W, well, what a wonderful attraction. We have just got to enhance it and build up these features.

"The Wooden Boat Festival is a sensational event and maybe we should give more thought to also having other kinds of festivals. Perhaps we could think about being different and instead of having fireworks on New Year's Eve focus on a big Australia Day event."

Grantley and his wife, Monty, who have a brilliant cafe-restaurant businesses Hector's on the Wharf, and he said obviously any new wharf development would benefit them personally.

"I see all of the businesses down here as caretakers of the precinct for the business people who operate here after us," he said. "Provided they are able to operate well, the more businesses we have around here the better because they would add to the atmosphere and to the whole experience for tourists.

"We have been here 11 years, and in that time our business has developed as have other businesses on or near the wharf. We have all worked with council and heritage, which is so important. I just believe we all have a wonderful opportunity to bring long-term benefit to the town and the region.

"There is already a lot more people moving down here, and with this we can grow as a town and make it an even better destination. "There is so much to offer. You only need to come down here now at six o'clock on a balmy Friday night and watch the boats sail right in front off you, so close that you feel that you can touch them, and you think how good is this? And then I think how much even better this can be.

"As I said, Goolwa as a town has a wonderful opportunity here." ■

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You call that a knife? Yes.

It will be 30 years ago next month that we watched Crocodile Dundee being held at knifepoint in New York, turning to his assailant and saying: "That's not a knife." And as this movie character draws his 16 inch Bowie knife, he adds: "That's a knife!"

And when fate led to Mal Day making his own hunting and collectable knives shortly after, he was told those lines time after time. He still does, and he's still asked to make a Michael Dundee replica knife that he hand forges and crafts in his back room workshop between Delamere and Cape Jervis.

Right now Mal, 67, is making one from spring steel for yet another client in Darwin who calls himself Mick Dundee, and he has made many for clients in the United States of America.

We are not talking about weaponry, but the sheer art of making all kinds of knives including carving knives from the finest quality tempered steel with the handles made from beautiful timber off-cuts and tree branches, or deer antlers gathered by members of the Deer Hunters Association for him in South East bushland.

Mal is an amazing craftsman of knives, a passion that started from his days as a diesel mechanic working at State Transport Authority depots around Adelaide.

"A friend of mine gave me a big heap of hacksaw blades to make gasket scrapers, and I had a lot of steel left over," Mal said. "I went to give it back to him, and after saying he didn't want it he suggested I made some knives out of the leftover bits. And so I did, and I have been making them ever since.

"For a while there I didn't think anyone else was making knives like I was, until I walked into an Australian Knifemakers Guild convention in Adelaide in the late 80s and I was blown away.

"I became a very proud member of the guild,



and there are more than 200 of us from around Australia. We come from all walks of life, and we have scientists, teachers you name it... it's a really good community.

"We make every form of cutlery there is. We class it as functional art – it has got to look good and work well. You have your skinning knives, your hunting knives, filleting knives, your cooks and chefs knives, steaks knives, bread knives and on it goes, even your Alaskan ulu knives with a big curved blade with the handle at the top which the Eskimos use for everything. I love making tomahawks too (they are magnificent).

"The quality of a knife all depends on the materials... good steel, the fit and the finish.

"Nearly all of my hunting and collectable

knives are made from spring steel and high carbon steel... the higher the carbon content the better you can treat the steel.

"I went through a stage of doing Indian-style knives forged from coil springs. I do all my own leather work. I use a lot of natural materials in the handles like deer antler, beef bone and that sort of thing."

Mal and his wife Coralie, who have three children, 10 grandchildren and one great grandchild, ran a knife shop in Hahndorf for almost 13 years before retiring and moving close the Delamere six years ago. The problem was, Mal started sharpening knives for locals and the word got around about his sensational knives, and so the orders came flooding back again. Many may see Mal's passion for making knives as being on the edge of the 'bad' side – the criminal element, but he quickly defends everyone in the Australian Knifemakers Guild.

"In all the years Coralie and I have had knives we have never had any trouble whatsoever," Mal said. "I have been to a few police seminars over the years where they have said 97 per cent of all the crimes committed with

knives were from out of the kitchen. As far as hunting and collectable knives go, they have not been a big part of crime.

"I went to the seminars because of the new weapons laws that come in, and we keep up to date on what is allowed. I think that's good; there needs to be control. The police are very good about the whole situation."

You can find Mal at the Cape Jervis market on the second Sunday of the month from 9am-1pm. People drive from the other side of the globe to see him.

Mal admits making knives started out as a hobby, and the more he became involved it became a business. "But it has always been a passion," he said. That's him; the sort of bloke who always makes a point. ■

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In a class of their own

Jenny Vonic-Joyce, a youth worker-team leader at Flexible Learning Options, an off-site campus of the Victor Harbor High School, can tell a lot of stories about young people along our coast that may surprise you.

It's about them having the courage to re-engage with their education as a result of attending the FLO program; trying to be the best they can. She mentions little of her own achievements, only those relating to her faith in an education system that refuses to give up on these kids.

They are also stories that perhaps may have a huge impact on us all because these young people come from various walks of life; suggesting that families regardless of their social demographic are susceptible to teenage angst, including depression, anxiety, drug and alcohol experimentation, disengagement from education, and in extreme cases, life itself.

We're talking about young people who have each been identified by the school (VHHS) as needing alternative options to the 'normal' classroom.

According to Jenny, generally the FLO students have a negative educational experience and present with multiple and complex needs.

"Managing the FLO students both on-campus and off-campus and supporting their social, emotional and educational needs is a highly challenging task," she said.

"Our approach focuses on relationship building, mutual respect, communication and collaboration not only with the students, but with their parents/caregivers, the school and the wider community.

"Collaboration of this kind has helped to empower our young people through the development of personal leadership skills, restorative practice and positive connection

in their community."

Jenny's background is not unlike many of the students at FLO; a challenging upbringing and lack of respect for the education system saw her feeling disconnected and unable to trust those in authority. Ironically, but with the support of community mentors, Jenny returned to school to complete her Year 12 so that she could embark on a career as a police officer in the Australian Federal Police. A commendation for her services to the community tells us of her character, but this past is certainly no link to her current role. Jenny admits that her career in the police force was always going to be limited as she spent more time trying to rehabilitate the offenders she worked with and did not advocate the traditional punitive model.

Continued P10

From P9

Her methodologies at FLO are based on the Restorative Practice model that cultivates a society based on participation and mutual self reliance, and where young people take greater responsibility for their own lives.

This theory rests upon a fundamental hypothesis that "... people are happier, more cooperative and productive, and more likely to make positive changes when those in positions of authority do things with them, rather than to them or for them."

Jenny speaks in glowing terms of the team approach, the support at FLO from teachers, case managers and administrative staff, the valuable partnership with Mission Australia and particularly the relationship with VHHS through its dynamic principal, Amanda O'Shea, and its caring staff.

"It's wonderful to know that there are so many people in our school community that genuinely care for the students' wellbeing and future," Jenny said. "Their commitment to help our young people is remarkable, to say the least."

Jenny's resume also includes working as a Team Leader for Operation Flinders, a wonderful character-finding program set in our spectacular Far North.

"My work with the Foundation has enabled me connect to with young people in a wilderness setting," she said. "We are able to take young people out of their comfort zones – this fosters resilience, strength and grit."

"The relationships we forge in this environment assists them to understand that they do not need to be defined by their circumstances, that who they become in life is who they chose to be."



Powerful stuff, and the FLO program is equally meaningful and vital when a young, seemingly lost soul, discovers what the person values most from life.

Now in her fourth year leading the VHHS FLO program, Jenny realises the need to offer something outside of the usual school curriculum will continue to increase.

"Schools across the state care about the problems with disengaged youth and

are committed to understanding and addressing the complexities that surround this issue," Jenny said.

"FLO offers a different and alternative solution to learning in mainstream classrooms. At FLO we are able to address their barriers to learning and adjust the programs content so that the young person finds meaning and relevance.

"All our students come to FLO with gaps in their education. I personally meet with every student, their family and/or their carers. Together we discuss what FLO can offer, what their expectations are of FLO and how we are going to work together to achieve their education and social goals.

"The students are all assessed by the FLO teachers and this gives us a platform to tailor make a suitable learning plan for them. We do not work on year levels here, but rather on a student's ability. We ensure that each young person will flourish and knows what it feels like to be successful."

VHHS FLO boasts a 95 per cent attendance rate at programs and 98% attendance rates for case management. VHHS FLO's recent wellbeing survey strongly indicates an increase in student wellbeing by 86%.

However, a crisis is not uncommon in this Victoria Street building, and there are setbacks, but each time Jenny reminds herself of the magnificent achievements of the students themselves. The young people know that the staff will advocate, support and help them find solutions to any problem they face.

FLO staff are experts in relationships and student engagement. There are

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many opportunities for FLO to celebrate student accomplishments – successes are acknowledged daily, weekly, monthly, termly and annually. Students receive merit awards, accolades, certificates and gold stars – this is referred to as ‘results-based accountability’ and FLO staff continually challenge the students to reach the goals they set.

Apart from SACE and literacy and numeracy, FLO offers programs relating to health, cooking, Learners permit workshops, construction, woodwork, community gardening, music, yoga, sport and recreation, dog handling, social enterprise, student voice, barista training, career development and art.

Every Wednesday the cooking program students create café quality meals and all staff and students sit together for a shared lunch.

This fosters connection and belonging, a feeling of being valued and worthy.

The students also get to enjoy a healthy meal cooked by their peers.

It is here where FLO needs our support – the team would be grateful for donations of the food staples like flour, pasta, rice, free range eggs.

Jenny and her team have developed many community partnerships that have supported their students and programs. Rotary Encounter Bay donated a number of laptops supplied, at a reduced price by local business Quik Fix, the Fleurieu Foundation donated \$1500 worth of target vouchers two years running, ADRA continues to deliver food hampers each term to make

sure these young people have a decent meal, while South Coast Realty provides water bottles for the sport and recreation programs and the always-generous Fleurieu Milk Company donates an incredible amount of milk so these young people can learn the craft of coffee making in order to seek local employment as a barista.

There are numerous heart-warming stories, and Jenny spoke of one of the parents of a student who commenced at FLO this year.

“*“I genuinely love my job and love coming to work. I wake up every day and know that I am doing exactly what I am meant to be doing. I am constantly inspired by the young people I work with, and I am humbled at being given the opportunity of making a difference in their lives.” – Jenny Vonic-Joyce*

The parent contacted her and expressed her disbelief at how her son had already changed so much in only one day at FLO; how the family enjoyed a conversation at the dinner table for the first time with their excited son. “There have been so many feel good stories that come from this program,” Jenny said. “I genuinely love my job and love coming to work. I wake up every day and know that I am doing exactly what I am meant to be doing. I am constantly inspired by the young people I work with, and I am humbled at being given the opportunity of making a difference in their lives.”

“I am just so proud of so many of our young

people, and as an example there is one of our young mums who was embroiled in so much conflict... in her own words angry at life. But she told me she wanted to be a good role model for her daughter.

“We said part of that was about her education and realising her dream to become a nurse. She knew she had a lot of work to do but she was so determined and persistent so we made a plan and continued to work toward this plan together over two years. This hard

work saw her completing the Foundation Students Course at Flinders Uni last year and she has now been accepted to study full-time at Flinders and is well on her way to realising her dream of becoming a registered nurse.

“Accompanying her to her cap and gown ceremony was one of the most memorable and humbling experiences of my career. It has been

a privilege to walk alongside this wonderful young woman and witness her success.”

There are no miracle workers here, just people with the ability to assist young people to see a clearer picture of what life could be if they chose to take control of their lives. And some say that no one cares about these kids. Thank God they do. ■

If you would like further information about the program, or how you can help please contact Jenny Vonic-Joyce on 0401 655 757.



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What's special about parenting?

Being able to go to playgroup

Oh, Peter Goers, the loveable ABC radio character who dubbed Victor Harbor 'God's waiting room'; it seems this town is not only filled with older people.

According to Kate Mueller, a reception teacher and mother of two, who runs the Investigator College Community Playgroup in the gymnasium at the Victor Harbor campus on Monday mornings, the demand for well organised and controlled playgroup sessions has increased significantly while some in the city have declined in numbers.

This is the second year the school has provided the program, and after extending it to the Goolwa campus on Friday mornings the numbers have doubled with between 30-40 families attending each session a week. Significantly, are lot more dads are coming along and relishing in the opportunity to meet and talk with other parents.

"I have friends in Adelaide who run playgroups and they normally average only 20 families each week," Kate said. "I really think it emphasises that a town like Victor Harbor is not just for old people, and even today we got more new people here. We meet

new young families who have moved to the area to experience change in lifestyle."

Kate, who with her husband Peter has two children at the college, Ezekiel, 10, in Year 5, and Sienna, six, in Y1, said the playgroup was aged for children 0-5, and it differed to pre-school learning. Some of the parents send their other children to other schools – the playgroup is open to all families.

"It's largely about the parents getting to know each other with many discovering they have a lot in common when it comes to bringing up a child," Kate said. "They love to be doing the same things as their children.

"It is a time when mums and dads can have a chat and also see their children inter-act and socialise. They really like the structure of this playgroup.

"Once the children start coming regularly they know what to expect... they start to learn the basics like washing their hands before eating.

"Sometimes, through absolutely no fault of their own, parents do not have this opportunity to inter-act with other parents and some may feel they lack that moral support. They chat



Left: Deep in thought and chalk... Charlie, two. Above: Play-group coordinator Kate Mueller (left) with the group during sing-along time with Investigator College music teacher Matt Freeborn.

about similar situations, and it provides a sense of reassurance in a relaxed environment.

"It's good that fathers are coming along, and it is something we are starting to build up in the school environment through parents and friends with dads getting more involved.

"We have a range of craft for the children to work with, and a sensory activity area – all the messy stuff that kids enjoy. The free-play area is in the gymnasium where we meet, and it's big enough for children to ride their bikes or scooters. The fact we have a canteen here is another big plus."

Terry Nightingale, a former police officer who moved here with his wife, Adele, from Worscestershire, England, nine years ago, and then to Victor Harbor three years ago, is one of the dads who takes his children Quinn, three, and Phelan, nine months, to playgroup.

He is now a delivery truck driver and between shifts enjoys being able to look after the children when Adele is working. They have another son, Darcy, five.



"We've been coming here since Quinn was little and it's really good," Terry said. "They have coffee for the mums and dads to keep them awake after a sleepless night and fun for the kids to keep them entertained; it's a good place. They have such a big area for the kids to run around in and get rid of a bit of energy."

The playgroup sessions run from 9-10.30am, and cost is \$2 per family. T: 8555 7500 (Goolwa) or 8551 0900 (Victor Harbor). ■

Top: Enjoying the morning (from left) Lyn Swincer with Henry, 20 months, Melissa Bowyer, and Talitha Buck with Zara Altamura, four, Bentley, three, and Hugh, four. Right: A proud and devoted dad... Terry Nightingale, who takes his children Quinn, three, and Phelan, nine months, to playgroup at Investigator College Victor Harbor campus.



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(from left) David Jackson,
Carol Gaston, Rob Heaslip,
Alastair Angus, Kym
McHugh, Margaret Terrell,
Emily Livingston, and
Claudia Goldsmith.



Hallmark of community spirit

They gathered in the hallway by the Community Room adjacent to the Alexandrina Council Chambers for a regular meeting, and as the sunlight shone through the stained glass window the pinkish glow on the walls reflected on them.

Introducing members of AlexInvest Community Services Limited board, and we will stop there with the over-the-top flamboyance. Keeping things simple seems more fitting for they are every-day people; successful and respected in their private lives, friendly and polite, but overall just ordinary people. It's the way they like it.

However, their job as a board member is far from ordinary because they carry responsibility on behalf of the bank's shareholders under its formal umbrella, AlexInvest Community Services Limited, which operates the Goolwa & District Community Bank® branch under a Bendigo and Adelaide Bank Franchise Agreement. The board has a legal and moral responsibility to act in accordance to the laws of the Australian Government and the strict guidelines, rules and regulations of the Reserve Bank just like any other bank.

These directors are also extraordinary because they are volunteers; there are

no corporate mega-million dollar salaries and severance packages, just the sheer satisfaction of working for a community bank which in turn works for its community provided the community pledges its support for the bank. It is the basic fundamental principle of a community banking structure. As part of the Franchise Agreement, the Goolwa & District Community Bank® branch (G&DCB) gives 50 per cent of all income to the Bendigo Bank. Of the remaining the branch overheads have to be covered and with the remainder no more than 20% in dividends to shareholders and 80% towards good works in the community.

The expectations and obligations are clearly defined, again as per any bank, but what separates our community bank's board from the rest is that it follows a policy of being frugal without fear or favour because the bottom line goes back into the community.

Having been established in 2011 as a direct result of public reaction and consultation – indeed incredible support and faith of the shareholders – in response to a drought that had crippling and long-term impact on this township, the AlexInvest Community Services Limited directors have worked hard to finally see the light at the end of the tunnel

(and it is not a train). Whilst accumulating an overdraft with Bendigo and Adelaide Bank, in recent months, that facility has been reduced, a wonderful achievement by the board and staff when considering the small income margins on transactions.

The encouraging trend suggests our community groups and organisations will continue to benefit from sponsorships, and the proceeds will rise provided the community pledges greater support.

But how can the bank be providing funds to the community when the bank is not yet in profit? The \$25,000 that is currently on offer to community groups does not come out of the bank's operational finances. It is part of the marketing development fund, provided by Bendigo Bank to contribute to the community, which allows the bank to have a presence and likewise attract customers and business.

Taking all of this into account, it reinforces the need of the board to be responsible and diligent, and to perform at their highest capability with unsurpassed enthusiasm to help our communities grow within the region.

But who are these people who gather in The G&DCBB board is chaired by Carol

Gaston AM, one of the most remarkable and passionate campaigners of all things good in the name of Goolwa.

We could continue with Carol's amazing and adventurous background filled with compassion and dedication as a nurse and in health care, her love for the arts and culture especially the creativity of the Just Add Water campaign that continues to give this town energy – even mention her love for Carlton and cricket – but we said we would keep this simple.

None of the board members seek praise for their selfless commitment, but we need to understand who they are to further emphasise what this community bank is all about – every-day people.

Carol Gaston AM

Carol brought a wooden boat to Goolwa in 1989 for a Wooden Boat Festival and fell in love with the place – living here since 1994. She is regularly involved in local community activities related to the river and the arts, and is a member of Cittislow.

Carol is a fellow of the Australian Institute of Company Directors, recently retired as chair of the Cancer Council (SA), as a member of the board of ACHA (Ashford, Memorial and Flinders private hospitals) and ECH (formally Elderly Citizens Homes), a member of the Cancer Council Australia, and as a governor of the Adelaide Bank Charitable Foundation. In 2008 Carol was appointed a Member in the General Division of the Order of Australia for services to the community, nursing and health services administration and to humanitarian work in Australia and overseas. In 2012 she received the Goolwa Cittaslow Community Service Award and in 2016 the Alexandrina Council Community Service Award.

Claudia Goldsmith

Married with one son, and part of a blended family with six grandchildren, Claudia shares time between Adelaide and the south coast, gravitating to Horseshoe Bay with the family, which is involved with the Port Elliot Surf Life Saving Club. Her working life over 20 years includes with her husband on a cattle and deer farm at Myponga Beach, and with a major international bank through an Adelaide head office. She moved into the aged care sector, attained her CPA, and gained experience in board development and corporate governance through her current role as business consultant with a leading accounting practice, and membership of various boards and audit committees over the past 10 years. Claudia strongly supports the community bank model.

Rob Heaslip

With 30 years experience in real estate, Rob is the director of South Coast Realty, which has offices in Victor Harbor, Goolwa and Mt

Compass. Rob and his wife Tania have two children, Charlie and Ben, and the family moved to Victor Harbor in 2003. Born in Port Augusta, Rob attended Port Augusta Primary School and Prince Alfred College. He is a licensed auctioneer, and has a Diploma in Real Estate.

Rob has served on numerous sporting club committees, and been involved with many community events. Interests include golf, lawn bowls – and South Adelaide and Port Power.

David Jackson

David is a strong believer in the community bank concept and has followed the development and progress since its inception in South Australia some years ago. His working background has always been associated with small business, be it in the wine industry after leaving Adelaide High School, or as a director/shareholder of a successful consulting company providing specialised services to major Australian mining companies and Aboriginal organisations.

David has been a director and board member of several not-for-profit companies and attended numerous corporate governance courses conducted by the Australian Institute of Company Directors. He joined the board of AlexInvest Community Services Limited, as a resident of Goolwa, but has since moved back to the Adelaide Hills.

Emily Livingston

Milli went to Investigator College and Victor Harbor High School. In Year 10, she received dux of the year, received the ADF Long Tan Leadership and Teamwork Award, and won a trip to Sydney and Canberra through SAPOL. She plays netball for Goolwa, of which she has been vice-president, and worked at Southy's Pizza in Goolwa for many years. Milli is a fourth-year student at Adelaide University studying law and environmental policy and management, and is currently the state representative on the Future Leaders Bendigo Bank Committee. Milli was awarded the Alexandrina Council Young Citizen of the Year in 2015.

Kym McHugh OAM

Kym has been a primary producer for 45 years owning and operating a family dairy with wife Heather and sons David and Ben. The family has farming properties at Mount Compass, Hindmarsh Island and Finnis.

This modern farming family has a strong focus on economic, environmental and generational sustainability. As previous Mayor of Alexandrina Council, Kym was passionate about local community and the region taking a keen interest in all aspects of community life. He played an integral role in the state as a strong advocate for 'Moving the salt to the Sea', a campaign to

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Secretary: Emily Livingston

Directors: Alistair Angus, Claudia Goldsmith, Rob Heaslip, David Jackson, Kym McHugh OAM, Margaret Terrell, Bob Vanderkamp.

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keep the salinity levels of the River Murray to a manageable state in order to protect the Lower Lakes and Coorong.

Margaret Terrell

Margaret, who moved from Adelaide to Goolwa in 2010, spent most of her childhood in the Riverland. Her connection to the Murray continued as an inaugural member of the Farr Trailer Yacht Association in the 1980s, sailing in several Milang to Goolwa races and cruising the lakes and river.

Margaret is currently the executive assistant to the chief executive and Mayor of the Alexandrina Council. Her working life has included positions as manager, event planning and the Adelaide Convention Centre, personal assistant and conference manager at the University of Adelaide, office manager at Collinsville Merino Stud, and secretary to the general manager of Sturt Football Club.

Bob Vanderkamp

Born in Stirling, Bob moved from the Adelaide Hills to Goolwa in 1974 and has always been highly respected member of the community. His father owned a mechanical workshop (Joe's Garage) where Bob started an apprenticeship at 14. He developed Supreme Auto Mart in Goolwa in 1994, and became proprietor of South Coast Marine in Goolwa in 1997.

Bob has been a great supporter of the community including as a sponsor of various local groups. Married to Tanya, they have three grown-up children. He enjoys all forms of motorsport, boating, fishing. ■

Horseradishes



for courses

Brian Meakins is Australia's biggest producer of horseradish under the Newman's label. When he's not working on his Langhorne Creek farm he's on the golf course, but he says work and play is all the same – you need to learn to be different.



As the saying goes, Brian Meakins is one-of-a-kind. No one else in this state grows horseradish on a commercial scale like he does, and no one else in Australia takes it from paddock to plate.

For most part, it's understandable. Before Brian, 68, invested in an exhaust fan in his Langhorne Creek shed 15 years ago the smell from this raw beastly veggie made his eyes swell and he felt like his nose had been stuffed with a thousand chillies from hell.

"You had to prise your eyes open with your fingers so you could somehow stagger to the coldroom and stand there to cop the full cold breeze to get them going again," Brian recalled. The tears almost returned with the memories.

And in this factory then ran by seemingly blind mice, no one ever complained of bad sinuses. No, never in this place, for once the flesh of the horseradish is broken fumes from one of its glucosinolate enzyme releases an explosion of volatile mustard oil.

"It was horrendous," Brian said. "We had to wear masks in those days, but now the fan next to the mincer whips the fumes straight outside."

Tough, our Brian has been for more than 45 years growing his horseradish under the brand name of Newman's, which for decades has been one of this state's icon products, and now supported by another 10 ravishingly tasty condiments including horseradish and beetroot, a selection of mustards plus

crushed garlic, crushed ginger and a chilli. Yet, beneath an almost customary crusty farmer's face lay a soft side, a genuine bloke who has never been in this game for a proverbial million dollars, but the mere satisfaction of doing something different with no fear of change.

Brian and his wife, Anne, employ six staff at the farm and he lives by the rule he wouldn't ask any one of them to do dirty work that he wouldn't do himself. At the end of a long day he can be there cleaning the toilet just like anyone else; he's genuine, alright.

And gosh, this tough farmer wears Lycra when he rides his bike to Milang and back every morning.

Continued P18



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From P17

"It (the Lycra) makes it more comfortable on a bike seat, no doubt about that," he says. The cycling ritual came from the need to cope with two knee replacements 11 years ago, and the results have been amazing. The real passion is with golf – he has played at Tea Tree Gully Golf Club for 59 years making him clearly the longest-serving member, and he's there no matter how cruel the weather and without any thought of joining a club closer to home because he treasures the long-time mateships.

Almost everything about Brian is different in a most positive way, which seems appropriate in a market garden game like horseradish, which itself is unusual because the name was a mistake. It was known as *mareritic* in German, but a Frenchman doing an English translation thought the "*mare*" referred to a horse rather than the German word for "*sea*", so it should be searadish.

For Brian, the journey has been out of the ordinary too, starting in the business created by his father, Joffrey Adolf Meakins... "Oh, dad, who was known as plain Joe, was not happy being called that long before his namesake came to power," Brian said.

"My father and his brother bought the fruit and veg business from the Newman family (the nursery business remains at Tea Tree Gully) back in 1947. They had not made horseradish for five years, and when we put out our own label, Meakins, nobody would buy it.

"We went back to Fred Newman, and he not only gave us permission to sell our horseradish under his name, he gave the rights and his recipes for free. Yeah, that's very unusual in business... I just think he was trying to help us out, and it has snowballed from there.

"I was share farming in Tanunda in 1985, and when the other guy told me he was going for a hand-out from the government (retiring) he said, boy, you had better go and find yourself some land, and that's what we did and came here at Langhorne Creek. It has been a good move.

"I know of only one bloke in the Barossa who



"... being a producer is not necessarily about being the best grower... it's being prepared to diversify; you have to." – **Brian Meakins**

grows a little bit of horseradish for himself and Maggie Beer. He wouldn't have the size of a tennis court of the thing."

Brian grows his horseradish on 20 acres, and supplies two companies in Victor with the raw product from which they produce their own goods. At \$8000 a ton, it's a lucrative business.

"Once you have got horseradish in your yard it's there forever," Brian said. "It's hard to get rid of... it hangs around. You think you've dug it all out, but you only need the tiniest bit left in the ground and up she'll come.

"I do feel good about being the only real producer of something," he said.

"There are challenges for all producers; it can be tough to sell into the big supermarkets because everything has to be audited which costs \$800 every year... you need to write down everything that you do in case there is a recall of the product, which has never happened to us.

"The beauty of this stuff is that the mayonnaise and the vinegars we make to put into the horseradish are below 4.4 on your pH scale, and bacteria won't grow in it. We are pretty safe. (Brian did not dismiss the theory that nothing could possibly grow among raw horseradish).

"But being a producer is not necessarily



about being the best grower... it's being prepared to diversify; you have to.

"I was never going to get involved in wine until I became friends with one of the Potts family, who are renowned grape growers (Bleasdale Vineyards), and Bill said to me, you have the best land in Langhorne Creek without grapes on it. So in 1996 we put some in, and before long we were making a ton of fruit cabernet just for friends and relatives."

Now it's 15 tons under the Rusticana label – Latin for horseradish is *Armoracia rusticana* – and again it was about being different. Brian chose to plant Durif vines, a French variety, and an Itralin variety, Zinfandel.

"We planted those two reds because I thought, if you are going to be down here selling wine, you want something that is a point of difference," Brian said. "Everyone has cab and Shiraz. I put some of this in and it has been one of the best moves I have made.

"You have got to think differently, and it's the same with the horseradish products... years ago you'd see it alongside Worcestershire sauce, a little bit of mustard, mayo and a few little condiments on a supermarket shelf, but now there are rows and rows of condiments. "I thought, if we are going to be part of this we are going to have to start producing other stuff, and that's what we are doing. Now we have 11 lines, and they are all doing well. Life is all about change."

And so is golf. Brian, who is on a 12 handicap having been on two in his glory days, complains about his iron shots. "I need to do something... I probably should hit golf balls into the horseradish for 10 minutes every night... I'm hitting the ball too flat."

Change your backswing Brian; it's too fast. ■



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Friday, March 6

The Zonta club of Fleurieu Peninsula is holding a Collectibles Fair at Carrickalinga House, corner Hill and Torrens St, Victor Harbor from 11am-4pm. Small antiques, China, knick-knacks, jewellery, dolls, toys, vintage coins and notes, cards and candles will be on display or for sale, plus a produce stall and White Elephant stall. If you have jewellery or family treasures that you would like to know more information about, Gloria from Alexander Jewellers will be consulting between 1-3 pm. Admission \$2; Devonshire tea \$5; sausage sizzle. Proceeds to local and International Zonta projects, which aim to empower women. Contact: Glenys Brown 0404 040 092.

Saturday, March 6

The Mikado, Goolwa. Starring hilarious talents, The Mikado promises to be just the right ticket to end what has been one of Australia's longest running companies performing Gilbert and Sullivan. Performed on a full stage set in superb costumes, Promac Productions version of The Mikado is full of surprises and fun for all ages. Bookings 1300 466 592. Adult \$40, concession \$35 and \$35 per person for group of 6+ (ticket fee applies).

Tuesday, March 8

This is a fabulous day out - in more ways than one. It's Bust'n Out, a luncheon at the Fleurieu Function Centre, Barrage Rd,

Continued P20

Go. See.

Presented by Goolwa & District Community Bendigo Bank



March 6-April 4

A fabulous art exhibition in Goolwa

Liz and John Francis at Artworx Gallery & Gifts present a fabulous Collective Creative Exhibition at their gallery 10-12 Hays Street, Goolwa.

It features inspirational artworks of some extremely talented and award-winning artists, potters, glass blowers and sculptors. Many of the paintings will be exhibited for the first time.

The artists are Mike and Tina Barr, Wayne Dale, Sally Deans, John Lacey, Lorraine Lewitzka, David Mackay Harrison, Bill McSwain, Richard Musgrave-Evans, Michael Parker, Suzie Riley, Victoria Rolinski, Eamonn Vereker and Katie Wyatt.

This is the first of a few exhibitions Liz and John are planning over the coming year, and with each more of our most brilliant artists will be introduced.

Pictured above is the outstanding creations by artist and potter Bill McSwain, of Adelaide, and the amazing woodwork by Wayne Fale, of Victor Harbor. (The paintings that will be exhibited had not been presented to the gallery when this edition went to press). Visit:

www.artworxgallery.com.au



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Go. See.

From P19

Goolwa from noon-3pm to raise funds for breast cancer. You are guaranteed a lot of laughs. Cost is only \$25 - but hurry. Tickets/info: rosemary@thesage.biz

Friday, March 11

An evening with Carol Gaston at Signal Point Gallery Theatre from 7.30pm. Couldn't make it to the most recent Venice Biennale? Carol presents wonderful images and information to share. Cost \$10. All proceeds to Create & Connect. Refreshments provided.

Friday, March 11

In celebration of International Women's Day, the annual Fleurieu & Kangaroo Island Women's Community Awards dinner celebrating women and their achievements across the region will be held at the McCracken Country Club Convention Centre from 6.30 for 7pm. The awards acknowledge

outstanding contribution in the local community or has inspired others through their achievements in areas of volunteering, sport, health, education and in a young ambassador's role.

Sunday, March 13

The Adelaide Fringe returns to Jaralde Park, Goolwa Wharf from 10.30am-1.30pm. Bring a picnic, and enjoy a spot on the lawn to enjoy a fun day with a wonderful array of Fringe acts. Free, Suitable all ages.

Sunday, March 13

Adelaide Collectors Guild display at Yankalilla Showgrounds, Main South Rd, 10am-3pm. On offer will be two halls of displays, bric-a-brac for sale, and catering by the Red Cross. T: 8558 3240.

Sunday, March 13

Cittaslow Goolwa Food and Wine Group presents At The Wharf featuring The Mactones on the lower level deck at Signal Point Goolwa from 1.30-4.30pm following the Fringe in Goolwa. Experience and enjoy local food, wine and music and continue to promote the philosophy of Cittaslow. Entry is free. For more information contact Karen on 0438 660 653.

Thursday, March 17

Mental and Everything, at Strathalbyn Library 11am-12.30pm. An inspiring talk with artist, comedian and singer Susan Brame followed by a comedy piece. Susan uses her own experience and that of others to explore pathways through the blues, panic attacks and all things mental. Free entry. Bookings essential. Contact 8555 7000.

Thursday, March 17

The Friends of BEE inc (Believe Educate Empower) is launching its fundraising with a movie night at Victa Cinemas - *Risen*. Gather at 6.30pm for a 7pm start. Tickets \$16 may

be purchased at Swans Pharmacy, Victoria St, Victor Harbor and The Christian Book Shop in Ocean St, Victor Harbor. Ticket price includes door prize ticket and a take-away treat. Enquiries: Jill Sprigg, assistant director/secretary m: 0438 333 442.

Saturday, March 19

The National Trust Book Sales is returning to the Show Hall, Main Rd, Willunga from 8am-4pm. According to Mark Stainforth, manager of the book sale, there will be thousands of quality books with many having been donated in a great response to the Willunga National Trust Book Appeal. "People have the opportunity to buy books at ebooks prices," he said. Most books will cost just \$1 or \$2. Enquiries: 0412 34 280.

Saturday, March 19

Summer Swell Cinema - and it's free. Bring your rug or low chairs and picnic basket and enjoy the third fabulous nights of outdoor family cinema. Picnic starts at 6.30pm, movie commences at dusk. *Hotel Sorrento* (M) at the Soldiers' Memorial Gardens, Strathalbyn. Contact 8555 7000.

Saturday, March 20

Yankalilla Acoustic Evening third Saturday of the month at Agricultural Hall, Main Rd from 8pm. T: 8558 2728

Sunday, March 20

Following a most successful Christmas presentation, the South Coast Choral & Arts Society's choral group will perform another cantata as part of a concert to celebrate the season of Easter at the Newland Uniting Church, Victor Harbor at 2pm. Entitled, *Hallelujah What A Saviour* and written by John W Peterson, this musical telling of the crucifixion will include guest artists from Opera SA, soprano Lisa Connizaro and baritone Jeremy Tatchell. Both guests, who have just completed a season of The Magic Flute in Adelaide, will also provide solo items in the first half of the concert. Tickets available from Swan's Pharmacy, Victoria St, or at the door.



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Friday, March 11

They fly as one; eat and cheer as many

Here we go... or where they went last season. We're talking about these passionate Crows fans (above) who are members of the Adelaide Crows Fleurieu Supporter Group that ventured to Melbourne last season to watch a game. You can get into the fun... the group is having its registration night at the Middleton Tavern (Sports Bar). Get there at 6pm if you wish and have a fabulous meal in the dining room with fellow Crows friends (numbers to Judy at Tyrepower on 8552 1800 or Di 85524960 by March 10) and then as a group watch the Crows play the Gold Coast Suns in the NAB Challenge series live from Metricon Stadium from 7.30pm.

The Crows Supporter Group is also organising a trip to Melbourne on May 7-8 to watch the Western Bulldogs v Adelaide game at Etihad Stadium. Book a spot by March 11. Bring your scarf, have a meal, or call in for a drink and catch up. For those that cannot make it on this night you may see Judy during office hours to register for this season. Expand the group... invite your friends.

Go. See.

March 20-April 2

The fourth annual Goolwa Art and Photographic Competition



presented by the Rotary Club of Goolwa at Signal Point Gallery from 9.30am-4.30pm daily. Prizemoney totals \$16,500 including \$5000 for The Alexandrina Art Prize (art/photography – acquisitive) and the \$2000 Ibis Siding Nursery Centre Prize for photography. There is a range of awards, including those for young artists and photographers aged under 18. The exhibition is made possible by sponsors including Alexandrina Council, Coventry Lane Picture Framers, LJ Hooker and the Rotary Club of Encounter Bay. The Goolwa Art and Photographic Exhibition is rapidly developing into one of the best and most prestigious combined art and photographic events in Regional SA in 2016. This follows the successful annual exhibitions since 2013 which attracted both local and interstate artists and photographers.

March 25-28

The annual Easter Art Show featuring some superb works of local artists will be held in the Agricultural Hall at the Yankalilla Showgrounds, Main South Rd. T: 8558 2643.

Saturday, March 26

The Port Elliot Town and Foreshore Improvement Association presents an outdoor art exhibition – all with a dog theme – at the Port Elliot Dog Park, Waterport Heritage Reserve, Cameron St, Port Elliot from 10am-5pm. Anyone may enter for a gold coin fee by March 18, and there are prizes for children and adults. Entry forms available from Port Elliot Pharmacy and Alexandrina Council website on the events calendar: www.alexandrina.sa.gov.au/events

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A star is born

Two guys and a blonde go for the final test to become a member the SA Police Star Force. There is only one last position on the team available, so the test means everything.

Commissioner Gordon asks them: "If you were forced to go through one of the following doors, which door would you go through with 100 per cent certainty that you would stay alive: a) a door with a man with a gun behind it; b) a door with a tiger who hasn't eaten in seven years behind it; or... c) a door with a woman standing there with an electric hair curler pointed at your throat behind it?"

The first man says: "Question a) Sir, because I would use response item 452 from the STAR Force training manual which states swiftly grab the assailant on his left arm and vigorously thrust your right fist into the person's chest, Sir." Commissioner Gordon says: "Very good."

The second man says: "Question a) sir, because I am highly trained and highly skills for these situations and I hold the Academy record for disarming an assailant in 5.2 seconds, Sir." Commissioner Gordon says: "Very good."

Finally, it's the blonde's turn. She nervously says: "Hmmm... Question b) Sir." Commissioner Gordon is flabbergasted. "Why on earth would you pick door b) when the tiger would be 10 times heavier and meaner than you and it hasn't eaten in seven years?"

And the blonde says: "Because if it hasn't eaten in seven years it would be dead, Sir." Boom, boom.

Elementary, of course

Sherlock Holmes and Dr Watson go on a camping trip. After a good meal and a bottle of wine they rest for the night, and go to sleep.

Some hours later, Holmes awakes and nudges his faithful friend. "Watson, look up at the sky and tell me what you see."

Watson replies: "I see millions and millions of stars."

And Holmes asks: "What does that tell you?"

Laugh Lines

Watson ponders and says: "Astronomically, it tells me that there are millions of galaxies, and potentially billions of planets. Astrologically, I observe that Saturn is in Leo. Horologically, I deduce that the time is approximately a quarter past three. Theologically, I can see that God is all powerful and that we are small and insignificant. Meteorologically, I suspect that we will have a beautiful day tomorrow. What does it tell you, Holmes?" Holmes is silent for a minute, then says: "It tells me that someone has stolen our tent."

Boom, boom...

A blue ship and a red ship collide off Normanville in St Vincent's Gulf. More than 300 people are marooned.

Eddie loses his marbles

A bloke they call "Lucky Eddie" from Goolwa buys a \$1 ticket in America's biggest-ever lottery – bigger than the recent one worth just over a billion dollars.

He gets on the internet and watches the lottery balls drop one-by-one, and with unbelievable excitement he realises that he is the only winner and is due to collect the \$US1.5 billion first prize."

He catches the next plane to the States, goes to the big lottery office and says he's there to take all the cash home in the big jumbo plane that he has just ordered.

The nice front counter assistant says: "Oh, I am sorry sir, but a condition of our lottery is that you cannot take all the winnings at once; you get paid a million dollars a year until you die."

Lucky Eddie is furious and he shouts: "Look, I want my money, and if you're not going to give me my \$1.5 billion right now then I want my dollar back!"

You wooden believe it

A couple move from London to the Fleurieu Peninsula to live, and they go to the first insurance company they see to ask how much it will cost to insure the woman's wooden leg.

The husband says: "We want to insure it against fire... we're going to live near lots of trees so we want to take every precaution if there is a bushfire. The leg cost a lot, you know."

The insurance salesperson looks up her charts and says: "That will be \$35 sir."

"Wow!" says the bloke. "Back in England it cost us 450 pounds to insure her wooden leg; why so cheap?"

The insurance salesperson turns her screen to the couple and says: "It explains it here... any wooden structure with a sprinkler system over it comes at a discount rate of \$55."

Dad jokes...

How did people react when fabric softener was invented? They were ex-static.

What is an innuendo? An Italian suppository.

What do you call a sleeping bull? A bulldozer.

What did the pen say to the pencil? So, what's your point?

What do you call a chicken that crosses the road twice without taking a bath? A dirty double crosser.

Think about this...

They begin the evening news with 'Good evening' then proceed to tell you why it isn't.

To steal ideas from one person is plagiarism. To steal from many is research.

Buses stop in bus stations. Trains stop in train stations. On my desk is a work station. You do not need a parachute to skydive. You only need a parachute to skydive twice.

I didn't say it was your fault, I said I was blaming you.

Behind every successful man is his woman. Behind the fall of a successful man is usually another woman.

A clear conscience is the sign of a fuzzy memory.

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Puzzle answers (from P22)

5	2	4	3	1
4	5	2	1	3
1	3	5	2	4
3	4	1	5	2
2	1	< 3	4	< 5

TARGET TIME: alive, anvil, eave, ELEVATION, even, event, evil, lave, leave, live, love, naive, native, nave, nova, novel, olive, oval, oven, vain, vale, valet, vane, veil, vein, venal, vent, veto, vial, vine, viola, violate, violent, violet, vital, volt, vote.

P	M	C	O	M	P	L	E	T	E	C
L	O	I	T	E	R	A	L	A	T	O
E	N	D	I	L	I	G	E	N	T	V
A	B	O	D	E	S	R	V	E	S	S
D	A	R	E	O	R	A	W	O	N	E
I	A	N	N	U	L	T	L	G		
S	T	A	L	E	E	S	T	A	T	E
K	P	A	P	P	E	A	S	E	C	N
E	M	P	I	R	E	K	A	M	E	N
W	L	C	S	C	A	L	E			
E	V	E	B	U	D	R	A	D	A	M
R	A	S	C	A	L	R	D	O	N	A
L	A	N	I	M	A	T	E	D	R	R
T	I	E	R	A	S	N	E	C	T	A
D	P	A	R	A	P	E	T	S	S	Y

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Oh, sweet pea, let's go into the garden

Autumn is here (where did the summer go?) and it's the best time of the year for your garden. The weather is (supposed to be) stable, not too hot or wet, and a time when the veggies start to get going.

Now is the time to start replacing the summer crop, revitalise the soil and prepare for your winter veggies. Pull out anything that doesn't look too happy. Think about what you enjoy eating most, and then look at what you are normally paying. It seems a lot of effort to plant something when the veggie or fruit is so cheap, so really plan this well.

Start to think about cabbages, cauliflowers, Brussels sprouts, kale and leafy things. Maybe pumpkins, but think about the area you have to plant them. A

lot of these grow all year round, but it's winter when we tend to eat them most.

A variety that is really popular – and can be expensive in the supermarkets, maybe \$3-\$4 – is sugar snaps, which is a cross between snow peas and garden peas.

Don't let the word 'sugar' put you off... they are named so because they taste sweet. Kids love them – the pods are full and you can eat the whole case.

The secret with planting a veggie garden, especially sugar peas, is having a succession plan... put in one plant and the next one a fortnight later and so on, so when the first one is ripe the next one is not wilting or going off before you pick. Also with sugar peas, they seed very



quickly so pick them when they are ready, and they will grow again and again.

Sugar snaps are always trying to make seed, and if they mature the whole plant will die because it has done its job.

Some children may not like the idea of eating vegetables – some of us were probably like that once – and a good way to encourage them to eat them is get them involved with your veggie garden. Show them how it's done, and how to care for the

plants, and all of a sudden you will notice they can't wait to eat them.

It really can be a great time of the year, and we're lucky. This is our harvest month because it's like having another growing season here on the south coast... our climate is more stable. Victoria has its cold snaps, but here it's like an Indian summer with the cool nights and warm days. Perfect for your garden, so let's make the most of where we live.

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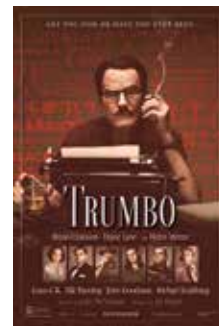
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Brooklyn

(M) Drama starring Saoirse Ronan, Domhnall Gleeson and Julie Walters. The profoundly moving story of Eilis Lacey (Saoirse Ronan), a young Irish immigrant navigating her way through 1950s Brooklyn. Lured by the promise of America, Eilis departs Ireland and the comfort of her mother's home for the shores of New York City. The initial shackles of homesickness quickly diminish as a fresh romance sweeps Eilis into the intoxicating charm of love. But soon, her new vivacity is disrupted by her past, and Eilis must choose between two countries and the lives that exist within. **Fri, March 4: 6.15pm; Sat, March 5: 6.15pm; Sun, March 6: 5.35pm; Tues, March 8: 6.15pm; Wed, March 9: 10.30am*, 5.30pm; Fri, March 11: 4.05pm; Sat, March 12: 1.45pm; Sun, March 13: 1pm; Mon, March 14: 1pm; Wed, March 16: 1pm, 3.35pm.**

Check our website for movie updates: www.coastlines.com.au



Movies being shown in 3D are highlighted in red

Hail, Caesar!

(PG) Comedy starring George Clooney, Josh Brolin, Tilda Swinton and Ralph Fiennes. Directed by Ethan Coen and Joel Coen. Coen brothers' comedy following a Hollywood "fixer" (Josh Brolin) in 1950s Hollywood who is trying to track down a star who has vanished during the filming of a Roman epic. **Fri, March 4: 1.45pm, 4pm, 8.25pm; Sat, March 5: 11.30am, 4pm, 8.25pm; Sun,**

March 6: 12.55pm, 3pm, 5.15pm; Tues, March 8: 8.25pm; Wed, March 9: 1.15pm, 3.20pm, 7.45pm; Fri, March 11: 4.15pm, 6.15pm; Sat, March 12: 11.30am, 6.15pm; Sun, March 13: 3.35pm, 5.30pm; Mon, March 14: 3.35pm, 5.30pm; Tues, March 15: 8.40pm; Wed, March 16: 10.45am*, 5.45pm.

The Finest Hours

(PG) Drama starring Chris Pine, Graham McTavish and Casey Affleck. The Coast Guard makes a daring rescue attempt off the coast of Cape Cod after a pair of oil tankers are destroyed during a blizzard in 1952. **Fri, March 4: 4.10pm, 8.40pm; Sat, March 5: 1.40pm, 4.10pm, 8.40pm; Sun, March 6: 3.15pm, 7.25pm; Tues, March 8: 8.40pm; Wed, March 9: 10.45am*, 7.35pm; Fri, March 11: 1.45pm, 8.40pm; Sat, March 12: 2pm, 3.55pm, 8.40pm; Sun, March 13: 3.10pm, 8pm; Mon, March 14: 3.10pm, 8pm; Tues, March 15: 6.20pm; Wed, March 16: 1.15pm, 7.55pm.**

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The Lady in the Van

(M) Drama starring Maggie Smith, Dominic Cooper and James Corden. This film tells the true story of the relationship between Alan Bennett and the singular Miss Shepherd, a woman of uncertain origins who 'temporarily' parked her van in Bennett's London driveway and proceeded to live there for 15 years. **Fri, March 4: 2pm, 6.30pm; Sat, March 5: 11.50am, 2pm, 6.30pm; Sun, March 6: 1.10pm, 7.45pm; Tues, March 8: 6.30pm; Wed, March 9: 1pm, 3.10pm, 5.20pm; Fri, March 11: 2pm, 6.30pm; Sat, March 12: 11.50am, 4.20pm, 6.30pm; Sun, March 13: 1.20pm, 5.50pm; Mon, March 14: 1.20pm, 5.50pm; Tues, March 15: 6.10pm; Wed, March 16: 10.30am*, 3.10pm, 5.20pm.**

The Revenant

(M15+) Drama starring Leonardo DiCaprio, Tom Hardy and Domhnall Gleeson. Inspired by true events, The Revenant is an immersive and visceral cinematic experience capturing one man's epic adventure of survival and the extraordinary power of the human spirit. In an expedition of the uncharted American wilderness, legendary explorer Hugh Glass (Leonardo DiCaprio) is brutally attacked by a bear and left for dead by members of his own hunting team. In a quest to survive, Glass endures unimaginable grief as well as the betrayal of his confidant John Fitzgerald (Tom Hardy). Guided by sheer will and the love of his family, Glass must navigate a vicious winter in a relentless pursuit to live and find

redemption. **Fri, March 11: 8.25pm; Sat, March 12: 8.25pm; Sun, March 13: 7.40pm; Mon, March 14: 7.40pm; Tues, March 15: 8.15pm; Wed, March 16: 7.25pm.**

Risen

(M) Drama starring Tom Felton, Joseph Fiennes, Cliff Curtis and Peter Firth. The epic New Testament story of the first 40 days after the Resurrection of Jesus Christ through the eyes of an agnostic Roman Centurion charged by Pontius Pilot to investigate rumours of a risen Jewish Messiah and locate the missing deceased body of Jesus of Nazareth in order to subdue an imminent uprising in Jerusalem. **Commences March 17 – one week only.**

Trumbo

(M) drama starring Bryan Cranston, Helen Mirren, John Goodman and Diane Lane. The successful career of 1940s screenwriter Dalton Trumbo (Bryan Cranston) comes to a crushing end when he and other Hollywood figures are blacklisted for their political beliefs. It tells the story of his fight against the US government and studio bosses in a war over words and freedom, entangling everyone in Hollywood from Hedda Hopper (Helen Mirren) and John Wayne to Kirk Douglas and Otto Preminger. **Commences March 18.**



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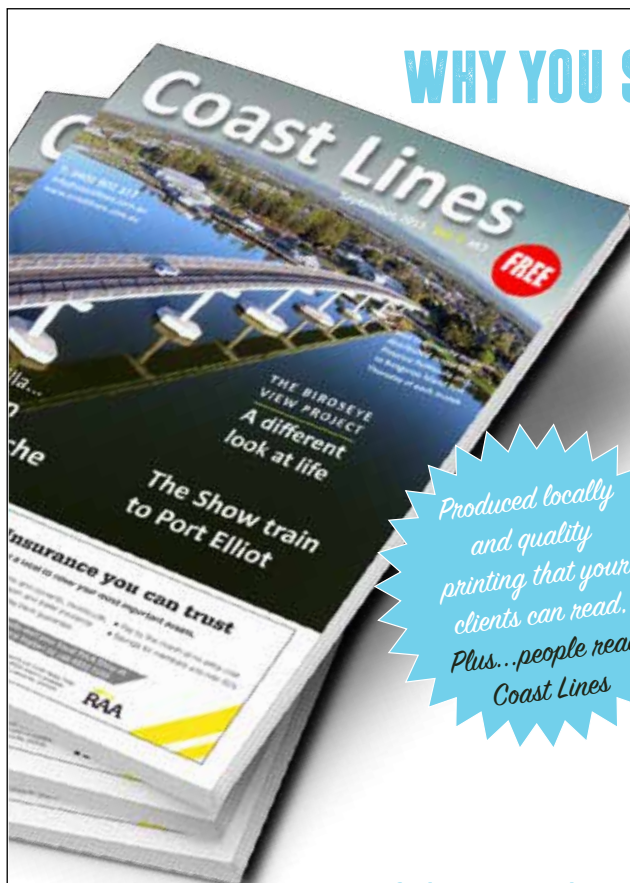
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Eat Wave with Jenny



Aegean Prawns

Ingredients

2 tablespoons olive oil
1 large brown onion, chopped
4 cloves garlic, crushed
½ cup dry white wine
810g tin chopped tomatoes
1 tablespoon tomato paste
2 tablespoons fresh chopped basil
2 tablespoons fresh chopped oregano
750g green shelled prawns
200g **Greek** feta cheese, crumbled
salt & pepper for seasoning

Method

Pre-heat oven to 180°C.

Heat oil in a pan over medium heat, add onion and garlic, and cook for 3 minutes, stirring occasionally. Add wine, and continue to cook over medium heat for 4 minutes, to reduce liquid. Stir in chopped tomatoes and tomato paste. Season with salt and pepper. Simmer on low heat for 20 minutes, or until thickened. Remove from heat, and stir through chopped herbs.

Place prawns in the bottom of a heatproof casserole dish, and cover with the tomato mixture. Sprinkle crumbled feta cheese over the top. Bake for 15 minutes, or until prawns are cooked. Serve with rice, or creamy mashed potato or potato bake. Serves 4.

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Lime Coconut Biscuits

Ingredients

¼ cup honey
25ml coconut oil
½ lime, zested and juiced
1 cup almond meal
½ cup desiccated coconut
2 teaspoons baking powder

Method

Heat oven to 180°C. Line a baking tray with baking paper.

Place honey, coconut oil and lime juice in a saucepan, and heat gently over low heat until just warm. Place remaining ingredients, including lime zest, in a bowl and pour over the honey mixture. Stir until combined. Place rounded teaspoonfuls of the mixture onto the baking tray, allowing a little space between each biscuit. Flatten each biscuit slightly with the back of a spoon. Bake for 8-10 minutes, or until lightly golden.

Note: 25ml coconut oil is approximately one level dessert spoon of solidified coconut oil.



Balsamic Maple Syrup Peaches

Ingredients

4 ripe peaches, peeled, pitted and halved
¼ cup balsamic vinegar
¼ cup pure maple syrup
¼ teaspoon vanilla essence

Method

Pre-heat the grill to medium. Line the grill tray with alfoil, and place peaches on the tray, cut-side down. Place the balsamic vinegar and

the maple syrup in a small bowl, and stir to combine. Brush half the mixture over the peaches. Grill the peaches for 4 minutes. Remove from the grill and turn peaches over. Brush with most of the remaining glaze, and grill for another 4 minutes. Remove from the grill. Serve peaches warm, drizzled with glaze left in the bowl and any remaining glaze left on the alfoil. Also delicious served with cream.



Seafood Sauce

Ingredients

1 cup mayonnaise
4 drops Tabasco sauce
2 tablespoons Newman's Horseradish
3 tablespoons tomato or plum sauce

Method

Place ingredient in a bowl, and mix well. Store sealed in refrigerator.



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Market trail

Artists of a feather, flock together

In another life Shari Bubner would probably be a bird making nests – she gathers all kinds of little things and makes the most beautiful and intricate baskets that represent a real piece of art.

She makes baskets and ornamental pieces out of just about anything little that she can find – reeds, grasses, dried carrots, pumpkins and their skins, melon skins, driftwood, shells, barnacles, leaves, and bits of driftwood.

And come the second Sunday of the month from September-May 9am-1pm, Shari is displaying and selling her craft at the Cape Jervis market by the tavern and shop. It may not be your biggest market on the Fleurieu Peninsula, but it's filled with character and the tourists on their way to, or returning from Kangaroo Island enjoy the experience. Shari, who lives at Victor Harbor, is a retired junior primary schoolteacher, and spent her last 13 years until 2009 at Rapid Bay, so naturally she knows a lot of the locals and their children.

"I love it here at the market," Shari says. "It's really friendly and we all work so well together. We have a really good little social group going here.

"I have always loved doing art things... most of it has involved stitching, but I used to do watercolours; you name it and I guess I have done most of it."

Shari's artist flair also includes quilting, pottery, making candles, and years ago loved designing and making toys. The passion for the baskets all comes from her days as a teacher. "One of the things we had to do was go away and do training in our own time, and in 2000 I was doing a social studies workshop at Camp Coorong over a week," Shari said.

"To keep us entertained at night they brought us reeds in to make little baskets, and I have been hooked ever since."

Shari will also be at the fabulous four-day market in the Yankalilla Agricultural Hall over Easter. Go there; it's always a great market. ■



Check market websites or facebook pages for any special Easter times.

CAPE JERVIS: Second Sunday of the month from September to May 9am-1pm, in-and-around Cape Jervis Tavern, Main Rd. Enquiries: 0437 284 386

GOOLWA WHARF: First & third Sundays of the month, 9am-3pm @ the reserve by Goolwa Wharf. Enquiries: Rotary Club of Encounter Bay 0459 786 469 or ebrotarymarkets@gmail.com

INMAN VALLEY ART, CRAFT & PRODUCE: First Saturday of the month 9am-1pm @ Inman Valley Memorial Hall. Enquiries: Kate 8558 8242

KANGAROO ISLAND: Penneshaw Farmers Market & Penneshaw Community Market: First Sunday of the month 9am-1pm @ Penneshaw Oval.

McLAREN VALE: First Saturday of the month 9am-2pm @ McLaren Vale Institute Hall, Main Road. Enquiries: 0432 835 932

MOUNT COMPASS: First Saturday of the month 8.30am-1pm @ The Wetlands off Nangkita Rd. Enquiries: John 0419 845 909

MYPONGA WHOLESALE COUNTRY: Weekends & public holidays 9.30am-4pm @ Old Myponga Cheese Factory, 46 Main South Rd.

PORT ELLIOT: First & third Saturdays of the month 9am-2pm @ Lakala Res, Rosetta St. The market will be every Saturday through to Feb. 6. Enquiries: Rotary Club of Encounter Bay 0459 786 469 or ebrotarymarkets@gmail.com

STRATHALBYN: The Lions Club of Strathalbyn will hold its next quarterly - or fifth Sunday of the month - market at Lions Park, South Tce, Strathalbyn on January 31 from 8am-2pm. Produce, plants, bric a brac, crafts and other specialty stalls. Enquiries: Ingrid ingriddavey@live.com.au or 0409534958

STRATHALBYN: Third Sunday of the month @ Lions Park, South Tce, 8am-2pm.

VICTOR HARBOR FARMERS': Every Saturday 8am-12.30pm at Grosvenor Gardens, Torrens St, Victor Harbor.

VICTOR HARBOR COUNTRY: Second & fourth Sundays of the month @ Soldiers' Memorial Gardens, The Esplanade 9am-4pm. The market will trade every Sunday in January. Enquiries: 8556 8222

VICTOR HARBOR INDOOR CRAFT & PLANT: First Saturday of the month 9am-3pm @ RSL clubrooms, Coral St.

VICTOR HARBOR SOUTH COAST ENVIRONMENT CENTRE'S MARKET OF EARTHLY DELIGHTS: A veggie/produce swap market. First Sunday of the month 1-3pm at The Old School Building, Torrens Street.

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

WILLUNGA FARMERS': Every Saturday, 8am-12.30pm @ Willunga Town Square. Enquiries: 8556 4297

WILLUNGA GREEN LIGHT ECO: First & third Saturdays of the month 9am-1.30pm. Cnr Aldinga & Main Roads, Willunga. Enquiries: greenlightnetworkwillunga@gmail.com

WILLUNGA QUARRY: Second Saturday of the month 9am-1pm @ Aldinga Rd, Willunga. Enquiries: 0408 897 393

YANKALILLA CRAFT & PRODUCE: Third Saturday of the month 9am-1pm @ Agricultural Hall, Main Rd, Yankalilla.



Grout work... love your tile

Cathy and Martin Edney run the Currency Creek Mosaic Studio at 53 Myrtlegrove Road, Currency Creek (near Shaw Family Vitners) and it seems talking on the job is mandatory. They have these wonderful people come in on Wednesday-Friday from 10am-12.30pm chatting away during class time while putting all these little pieces together to produce some beautiful artwork that mankind has been doing since the tile ages.

It emphasises the additional benefits in this job – forming the friendships – and it's also good business.

After doing mosaics years ago in Essex, England, Cathy resumed this passion five years ago in Goolwa with Carol Treadwell, who unfortunately had to move to Mildura three months ago because of personal reasons. Cathy took over the classes and she loves it.

"There are not many hobbies that you love to do that become your work," Cathy said. "It's not about the money; it's the pleasure of working with a lot of nice people."

About 12 regulars attend the classes, plus another eight on a casual basis working around suitable times. The cost is \$10 per class, and Cathy also sells the necessary tools and materials.

"Mosaics didn't seem popular until Carol set it up in Goolwa," Cathy said. "It has certainly taken off, and there are new classes at Yankalilla. It's an ancient art, and like anything it has its peaks and troughs in terms of popularity. Right now it seems to be on a high. It's an ancient form of art, and I love it."

Make it a must-visit shop

Adjacent to the post office in Normanville is a great little shop Maudie & Fox. It's a female shopper's haven, although there are some nifty things for the men too.

Bridget Fox has been running the business since Christmas, 2014, and it's very much her passion. Inside you will find a fabulous range of homewares, giftware and ladies fashion. There are fragrance candles from Adelaide – all made from natural products that Bridget insists upon – soaps from Aldinga, handmade



cards and an array of other artwork.

And then we have these sensational wooden watches – no, not wooden insides, but the bands and it's a race against time to buy one because they are so popular.


"We're growing in the range we have available," Bridget said. "We are getting new clothes in, and only those from factories that employ fair trade and used ethically sourced products."

Bridget has lived in Normanville for 20 years and her three children, Ethan, 15, Aiden, 12, and Bailey, nine, go to school at Yankalilla.

And the greatest thing about this shop? A lot of locals support her. Business is great during the tourist season, but it's the true character of the locals to shop here when it is quieter in the winter that makes shopping in Normanville a dream.

"I am so grateful for the support," Bridget said. It's also because it's a great shop.

VICTOR HARBOR DISCOUNT TYRES



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