

Coast Lines

June 2016 Vol. 5 #76

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Established 2011

Coast Lines is published by Ashley & Jenny Porter trading as Oscar Publications

ABN: 36 199 338 125

EDITORIAL / ADVERTISING
Ashley Porter 0402 900 317

ADMINISTRATION / WEBSITE
Jenny Porter 0422 269 325

DISTRIBUTION: We deliver 5000 copies to 124 outlets on the first Thursday of each month to Milang, Clayton Bay, Goolwa, Middleton, Port Elliot, Victor Harbor, Cape Jervis, Kangaroo Island via SeaLink, Normanville, Yankalilla, Myponga, Inman Valley, Mount Compass, McLaren Vale, Willunga & Strathalbyn. See website for detailed list.

PRINTING: SA Design & Print, 90 Hill St, Port Elliot 8552 6606

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Our cover

Over the past year we have featured some brilliant photography by the award-winning David Hancock, of Hindmarsh Island, through his business Hypervision, and on the front we feature one of his shots of Encounter Bay. He says we should love our coastline even more than we do because it's a magnificent part of our world. He's right. Meet the team behind this great photography, especially from the air – David and Anne. **STORY P16-17**
And we hope you like our Coast Lines... to answer a query, we spell it with two words because we write lines from along our coast.

This Month



Why the apples?

... because it's Red Apple Day on Wednesday, June 22 as part of a nationwide campaign throughout June to raise awareness of bowel cancer. It's not just about the need to have a screen to make sure everything is alright, but eating nutritious foods to help prevent this disease – the reason for using apples to promote the campaign. Please visit: www.bowelcanceraustralia.org

For those into the representations of June, its birthstones are pearl, alexandrite and moonstone, the birth flowers are rose and honeysuckle, and the zodiac signs are Gemini (until June 21) and Cancer (June 22 onwards). But then, the tough blokes working on construction and roadworks sites across the Fleurieu probably already know this.

We celebrate the birthday of Queen Elizabeth II with a public holiday on Monday, June 13, even though she turned 90 on April 21, and Queensland and Western Australia are the only states that celebrate it on the first Monday of June.

Other key dates or in June include:

National Burns Awareness Month: Julian Burns Trust: www.burnstrust.com.au

Lipedema Awareness Month worldwide: www.lass.org.au

5: MS Walk + Fun Run, nationwide for Multiple Sclerosis: www.mswalk.com.au

12-18: National Blood Donor Week: www.donateblood.com.au

20-26: World Continence Week: www.continence.org.au



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The teachers and students presenting us with a new-look Alice in Wonderland.

No wonder we love Alice's adventures

Remarkably, it was 150 years ago that an English mathematician Charles Lutwidge Dodgson wrote a magical tale about a girl named Alice who fell down a rabbit hole, but it still doesn't take long to figure out why it has been so popular.

The book, of course, was *Alice's Adventures in Wonderland*, commonly shortened to *Alice in Wonderland*, written under the pseudonym Lewis Carroll.

It has also been captured in 31

films or television adaptations so it is safe to say we all know the story, but a team of adventurous and incredibly talented teachers and students at Investigator College have come up with their own take in a play at the school's Performing Arts and Sports Centre at Victor Harbor campus on Thursday June 30 and Friday, July 1 from 7.30pm, and on Saturday, July 2, from 2pm.

Continued P4

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From P3

With a cast of more than 50 young thespians, musicians and dancers, the production really is a 'show' of its own.

The different take is the brainchild of teachers Sarah Westgarth and Nicole Ranson, and with their formidable repertoire of experience behind them it is no real surprise that they have left behind the stock standard scripts and opted to produce their own take on the much-loved children's story.

“

Lewis Carroll had such a great way with words, and it's just so fun and crazy. It's perfect for a musical.”

– Drama teacher Sarah Westgarth

While Sarah focuses on direction and scripting, Nicole's specialty is dance and choreography. Nicole, who taught with the famed *One50* dance group for five years, said as soon as they mentioned the name of the show and the songs they intended to use, the students became excited.

The adventures of the main character will be familiar to the audience, but the Investigator College version will feature a unique script written by Sarah, and include a range of modern pop songs.

“The incorporation of artists like *The Yeah Yeah Yeahs*, *Ziggy Marley*, and *Earth, Wind and Fire*, plus the use of modern dance, not only gives our Alice a unique feel, it engages the students and gives them a connection to the show,” Sarah said.

“It's easy to forget the story is so old because there is something so timeless about it. Lewis Carroll had such a great way with words, and it's just so fun and crazy. It's perfect for a



Members of the team (from left) teachers Sarah Westgarth, Nicole Ranson and Matthew Freeborn, and students Tom Richardson, who plays the White Rabbit, and Lauren Beckett as Alice.

musical.”

With music teacher Matthew Freeborn, the group draws on its areas of expertise to put together a lively and exciting production for both the cast and the audience.

“We all work together so well,” Sarah said. “I love working with the actors, Nicole's passion is dance, and then Matt is able to work his magic with the singing. We all love the theatre and musicals, and so it's wonderful to be able to share that love with the kids.” Nicole believes the production process is just as important as the final product. “The auditions, the rehearsals; it's all about creating great memories, experiences and opportunities for all the kids to get involved, and for them to have an enjoyable time putting it all together,” she said.

Year 11 student Lauren Beckett has been cast as Alice, and has participated in the college's annual musical since she was in Year 8.

“I like performing, and with the musical it's such a supportive community that I don't ever feel nervous,” Lauren said.

Sarah said the best moments were simply watching the cast bring all they've got to the stage in rehearsals.

“They give up their own time and put so much of their enthusiasm and energy to it, bringing their own ideas to create funny moments or play to (and often discover) their strengths,” Sarah said. “We are blown away by them all the time.”

If you would like to share in the enthusiasm and energy exuded by these teachers and their students they have a wonderful story to tell.

People with the same middle name as Charles Lutwidge Dodgson get in for free; the rest of us pay \$10 (adults) or \$5 (children). Bookings: www.trybooking.com/LCXD or enquire at the school. ■

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The Fleurieu Peninsula has lost the world's richest landscape art prize to a stunning venue in the city. It's a compliment, the local art people say, and not to be outdone the region is now further enhancing another superb art prize through an amazing network on social media. Now we're all having some serious...

ART to ART talk

It hasn't attracted the same media frenzy as when South Australia lost the Formula 1 Australian Grand Prix, or upset the rank and file like it did when Adelaide's iconic pie cart was towed away from the front of the GPO in Franklin Street, but in our far more civil regional art world it is nonetheless significant.

The Fleurieu Art Prize has been relocated from its home in McLaren Vale and across the Fleurieu Peninsula to the Anne & Gordon Samstag Museum of Art in the City West campus of the University of South Australia.

Since its establishment by artist David Dridan, vigneron Greg Trott and businessman Tony Parkinson with the support of major wineries in 1998, the Fleurieu Art Prize has been one of the most remarkable art events of its kind simply because it carries the world's richest landscape art prize – a staggering \$65,000. And now it's gone from here.

However, with the ninth Fleurieu Art Prize launched tomorrow and the exhibition open til July 29, there is no resentment but immense satisfaction, indeed pride that this region could create such a stunning event

from virtually nothing with a simple aim of promoting McLaren Vale and the region.

It has been an astonishing success story by small yet incredibly devoted committees and supporters, and now a new committee of four men who were then joined by their wives at their meetings are putting the same energy into another art prize – the \$10,000 Fleurieu Food + Wine Art Prize. A non-acquisitive painting prize, the short-listed final entries will be displayed around nine participating wineries from Saturday until July 29.

In other words, a group of special people in the Fleurieu region are taking this art prize to a whole new level on the same early path as the Fleurieu Art Prize, and in the process have created some incredibly-deserving opportunities for so many artists to expose their amazing talent.

According to Jen Wright, the Food + Wine Art Prize coordinator, it was a compliment to shift the Fleurieu Art Prize to the Anne & Gordon Samstag Museum of Art. "The space there is prestigious and influential; it's beautiful, stunning actually, and they thought this would raise the



profile of the Fleurieu Art Prize," she said.

"In the meantime, the board and locals felt there had to be a component remaining on the Fleurieu and further developed this component, the Food + Wine Art Prize.

"We have had it twice before, and this time the local community will run it. The Onkaparinga Council has been really generous and so has the James and Diana Ramsay Foundation."

The incredible thing is, that while the world's richest art prize has been taken from us, the promotion of this Food + Wine Art Prize has probably already far surpassed that of its richer predecessor. Jan concedes that with the last Fleurieu Art Prize the awareness was minor.

The key factor is that more than ever art across the Fleurieu is being promoted incredibly well through brilliant social networking, and according to Jen it has added a bright new dimension to this field.

"Some people say it's not like the old days when people our age promoted art, and they're right," Jen said. "It's better. Today we can enjoy a wider reach.

"Carol Banman, who has taken over our social media Facebook stuff, has been amazing. She told me that no one looks at websites anymore, and I thought, what? That's her opinion, but others are saying it too. Gee, I've missed a whole era of electronic media (she laughs).

"For whatever reason art has generally been perceived as an older person's domain, probably because the finest artists of note are older, but today's younger generations, good people like Dana Kinter, who is a machine on

social media, have done so much more to reach the world outside of art. They truly are amazing.

"The profile of the food and wine section now has the potential to go another step; it's exciting. The artists had to embrace any component of food and wine; it could be a vineyard, a landscape, and there were quite a few still-life paintings entered."

It is interesting that Robert Hanaford won the first Fleurieu Art Prize in 1998, and now his daughter, Tsering Saring Hanaford, and his wife Alison Mitchell, have stunning final entries in the Food + Wine Art Prize.

The finalists will have their work exhibited across nine venues in McLaren Vale to celebrate community art, food and wine of the region. It will take 50 fabulous volunteers to make this happen, so please visit the venues. But then, you probably know all of this through social media. ■

**Wineries/venues
where you may view
the final entries for the
2016 Fleurieu Food +
Wine Art Prize:**

**McLaren Vale &
Fleurieu Visitor Centre
Angove
Chapel Hill
Kay Brothers
DogRidge
Hugo Wines
Red Poles
Wirra Wirra
Penny's Hill**



World first for our surfing coast

In a world first, the Fleurieu Peninsula's mid-coast was last month officially proclaimed a Regional Surfing Reserve.

It follows national and world surfing reserves, and now with our regional recognition our entire coastline will capture attention worldwide.

Known now as the Mid-Coast Coast Surfing Reserve, this stunning coastline, which has served Adelaide's surfing community since 1920s and is the traditional land of the Kaurna people, has a variety of reefs and beaches, red ochre cliffs and pristine waves stretching from Moana to Christies Beach. It is obviously a unique surfing environment.

Dick Olesinski, secretary of the Mid-Coast Reserve steering committee, said surfing reserves were dedicated areas protected for use by the general public and surfing community. "They recognise sites of cultural, sporting and historic significance in Australian surf culture," he said.

"Importantly, the recognition raises awareness about how crucial it is to protect our precious coastal environment."

There are currently 24 sites along Australia's 37,000km coastline identified for dedication by the National Surfing Reserves organisation. ■

Visit: www.midcoastsurfreserve.com

Image: South Port Beach, part of the Mid Coast Surfing Reserve.

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Community Consultation

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CONNECTING COMMUNITIES



Draft Annual Business Plan and Budget 2016-17

Council welcomes feedback from our community on the proposed activities and funding arrangements. Community consultation will be open from 17 May and run to 6 June 2016.

The development of Council's proposed Annual Business Plan and Budget is an important part of our planning. The draft plan includes both the maintenance of existing services and new initiatives proposed for the community. The draft plan reflects our commitment to supporting growth in the Alexandrina region, while continuing to provide the best possible mix of services, infrastructure and facilities for our communities.

Have your say by completing a submission on Council's website at www.alexandrina.sa.gov.au or by visiting Council's 'My Say' site mysay.alexandrina.sa.gov.au. Written responses can be sent by post to Alexandrina Council PO Box 21, GOOLWA SA 5214 or email to alex@alexandrina.sa.gov.au. A formal public meeting to hear submissions on the draft Annual Business Plan and Budget 2016-17 will be held in conjunction with the Council Meeting from 5.00pm on Monday 6 June 2016 at the Council Chambers, 11 Cadell Street, Goolwa. Registration for the public meeting are now closed. Submissions close at 5.00pm on Monday, 6 June 2016 and documents are available to view at Council offices, library depots or online.

The life of Beryl and the former bugle boy

Allan Blackledge knew he was looking ridiculous standing in a paddock making out he was playing his virtuoso cornet to his donkey Beryl, but hey, the attempted gimmick and shameless puns that go with these photo stories were designed to drum up some publicity for his band.

Beryl wouldn't budge, but Allan assured us it had nothing to do with the fact she was named after his mother-in-law. We didn't ask about the goats.

The connection is Allan and his wife Caroline run the Goolwa Animal Farm on Airport Road where kids from everywhere converge come weekends and holidays, and he is a member of the Victor Harbor City Band, which will present its annual concert with matinee performances in the Victor Harbor Town Hall on the June 18-19 weekend from 2pm.

It was holding a guinea pig at his children's pet pen at the Port Elliot Show several years ago that Allan combined these passions – a lady wearing a brass band uniform came over with her children and they got chatting, and she asked: "Do you play an instrument?" It was music to his ears.

Allan grew up playing a bugle for the Boys Brigade in his hometown Chorley in Lancashire, and went on to become a member of some of England's greatest bands including the *Grimethorpe Colliery Band*, which was the focus of the classic movie *Brassed Off*.

Unlike our rural bands generally made up of every-day people that share a love for music and grace the community halls at practice on a Monday night, England has major professional bands that compete for big championships; you need to be really special just to carry the case in for the violinist.

Allan certainly doesn't big

note himself about his band background; he merely mentions it so that people appreciate a wonderful world that music presents regardless of what level they play.

"I played for the *Modern Airs*, a 16-piece swing band orchestra based in York the last 10 years I was in the UK, up to 2009," Allan said. "We played a lot of Glenn Miller hits.

"The band was full of ex-professional players; it was a privilege to play with them. I was an amateur, a very small fish in a big pond.

"I also played with some championship section bands in the UK, and its the old story, the more you get into something the more you realise how little you know about it.

"I guess I was in the era of change in England where you could be an amateur in a big band, but for years now you have literally hundreds of bands in the top section, and to get anywhere near an orchestra you've got to be a professional musician."

The *Grimethorpe Colliery Band* toured Australia a few months ago and brought with them a lot of memories for Allan, and while they were brilliant he quipped not one of their members had ever played with a kangaroo let alone a donkey.

The farm life with everything from rabbits, geese, pigs, horses to emus spread over 12 acres at Goolwa with Allan behind a 1947 Massey Ferguson carting the kids around stems from his daughter Louise and her love for horses from the time she could walk.

When the family moved to Australia, Louise, now 24, soon became an apprentice jockey doing her papers with Sam Burford at Murray Bridge, coinciding with the property being available at Goolwa and in line with the family vision, albeit different to Caroline's 20-something years in IT.



"We had an exceptional mentor with our indigenous animals, a guy named Kym who lived up the hills and ran the River Road Sanctuary in Hanhdorf," Allan said.

"It's been a lot of hard work but we absolutely love the farm. The weekends and holidays are getting busier all the time.

"For a small business it's perfect... we always see the best side of people. We get kids from the city who have never seen

or held a rabbit, which I find amazing. They go into the barn and they don't know what to do."

But then, there are many of us who have never been to a Victor Harbor City Band concert, so here's your chance on June 18-19. Tell 'em Beryl sent you and you'll get a real kick out of a great afternoon of entertainment. And you were expecting puns to go with another gimmicky photo. ■

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Festival has new major sponsor

The 15th South Australian Wooden Boat Festival has attracted the most significant major sponsorship in the event's 30-year history – Lakeside Goolwa.

It is a huge boost to the festival to be held at the Riverport of Goolwa next April 22-23, and a wonderful presentation to the town.

The sponsorship is part of a refreshing new approach to making the festival very much a community event – no entry fee, no fences and an expansion of on-land and water activities that are likely to attract crowds in excess of 10,000.

Lakeside Goolwa is the first purpose-built lifestyle village of its kind in South Australia. More than 20 new homes are already occupied with another 10 under construction and two show homes opened. Stage 2 is currently under way with another 57 homes to be built by the end of July, and the third and final stage will include another 45 homes, representing 151 homes plus 18 villas.

The Lakeside Goolwa project represents an overall investment of \$60 million, and over the past two years on any given day there have been more than 40 local tradespeople working on-site, which has been a huge boost to the local economy and employment.

The developer, Neil Williams, said Lakeside



Goolwa was naturally proud to be associated with the South Australian Wooden Boat Festival.

"It is a wonderful event that not only captures everyone's imagination and fascination that surrounds wooden boats and the ageless craft of making them, but further promotes Goolwa and the region as a special part of this state to visit and live," Neil said.

Festival chairman Garry Coombes said a focus on the event was community and local business involvement. "We welcome Lakeside Goolwa aboard, and we thank them sincerely for their most genuine efforts in helping us make this a truly South Australian festival that everyone can feel very proud," he added. "We now know this festival will be special for many reasons.

"Our festival attracts thousands visitors from

overseas, interstate and across the state, and this is yet another opportunity to showcase everything great about our town and region and make them feel welcome.

"Nothing happens without this kind of generous sponsorship provided by Lakeside Goolwa, and community support which includes amazing volunteers. It makes you feel proud that South Australia's wooden boat festival is right here."

The South Australian Wooden Boat Festival is run by volunteers, and is owned by the Alexandrina Council, which has pledged marvellous support to assist this community event.

Urimbirra, a much-loved wildlife park on the edge of Victor Harbor, turns 40 in November, and for its owners/operators, Andy and Cheryl, it's been quite an adventure since they took it on 25 years ago. It really has been...

Life on the wild side

You've got to be brave taking on an animal and reptile farm; just look at Andy and Cheryl Keane pictured sitting on a giant crocodile at their Urimbirra Wildlife Park. Sheer courage, by both of 'em. Some may suggest the partly-obscured silly-looking frog in the background tends to dilute the authenticity of this toughness claim, not to mention thousands of tourists are also pictured sitting on this croc every year, but there really is some truth. It costs Andy and Cheryl, owners-operators of the park, \$8000 every year to keep the five crocs warm, even during the hottest of months. Now that's real courage to take on a business like that, perhaps even sillier than our background Freddo. However, we discovered these guys are also a rare breed, and we can reveal Andy has actually had his left leg bitten by one of the real crocs and survived to tell us why they do this job. After all, the gas bill for the crocs, the feed for more than 400 animals, birds and reptiles representing 60 native species, and the insurance premiums suggests there is not a lot of money in this wildlife game. And if it were just about pleasing the tourists Andy and Cheryl



paid good money to purchase a rare pair of *Calyptorhynchus lathamii halmaturinus* that lurk on the perches; better known as a South Australian glossy black

cockatoo. There are only 200-or-so remaining in their natural habitat on Kangaroo Island, so they are special, and according to Andy, if a common sulphur

“

Yeah, after all these years I am still shovelling the s....; every morning basically. I have the best damn compost heap in town... ”

– Andy Keane, owner / operator Urimbirra Wildlife Park

cockatoo, regarded by many as a pest, screeched “hello” the tourists would be far more impressed.

Walk among the kangaroos and tourists regard it as a lifetime experience, yet the \$1000 rare cassowary (pictured right), as picturesque as he may be, offers a sense of excitement knowing that if you could jump the impenetrable fence he'd disembowel you within minutes. Nice, but it's what wildlife parks are about; a sense of beauty and complete control over something that would like to eat you all up. It's all about sharing a love, respect and care for all creatures; a reason they do it without being able to afford to pay each other

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"I was building boats and in the surfboard industry, and started in hospitality in a wildlife park in Victoria Phillip Island," Andy said. "I actually worked my way down from a restaurant and catering manager to looking after the animals. I heard the local council here was leasing it out in 1991, and I took it on.

"Yeah, after all these years I am still shovelling the s....; every morning basically. I have the best damn compost heap in town and then we spread it around the new displays around the park over the 36 acres.

"But I love this job even though it's tough going, I guess like any business. For 25 years now I have basically worked every day, often 10-12 hours, including weekends, Easter and Christmas Day. If you run a business like this you may last seven to 10 years before you burn yourself out, and for me, I can't get off it... it's like being on a hamster wheel; paying the banks, the rates, chasing your tail; you know the story."

Urimbirra will celebrate 40 years on November 5, starting when the land was bequeathed to the Victor Harbor Council. The buildings and fencing were developed by council with grants from the state government with work done through a training scheme.

"It has been a challenging journey, but even though we have put in a lot of time it is compensated by a lifestyle; there is some flexibility," Andy said. "And I especially love looking after the animals.

"Having said that, you can't get too attached to the animals;

you just can't. Things live and die. If you spend your time too attached you'd be heartbroken. Pets are different; on any given day one of our native animals may die of natural causes, but another is going to breed.

"There have been times when we have spent thousands of dollars on getting a special animal, and two days later it's dead. That's life, if you know what I mean.

"We trade in the wildlife park and the zoo systems; we buy off people who might breed a certain type of lizard or snake or whatever. What we have a surplus of and breed we swap within the network.

"We have everything from crocodiles to koalas, a sprinkling of birds and mammals. It's not cheap... we're not tropical northern Australia so we have to heat the crocs' pool with gas combustion and salts between 25-30 degrees. Koala food is important; there is a lot of effort getting certain species of Eucalyptus leaves, and even with the kangaroos there is a need to irrigate to keep the place fresh and buying them supplementary food.

"Despite all of the challenges that confront us, it is so rewarding when you see families enjoy themselves. The most special thing for people in general are the koalas and the kangaroos walking among them, but they don't do much. For me it's some of the lizards that have personality, like sleepy lizards and beard dragons.

"Most of us take all this for granted, but it is very special for the tourists.

Continued P14



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From P13

"Even young kids in the city don't have a great deal of contact with animals or even see them, so even chickens and guinea pigs are special to them."

Andy and Cheryl are helped by keeper Leoni Kenyan, a dedicated worker for 18 years. She fits the classic role as the token pet lover because, as a kid she brought home sparrows and blackbirds to her mum at their McLaren Flat home, and Leoni now has a dog, cat, rabbits, guinea pigs and lot of birds to care. It tells you something about the genuine love of animals at this park.

The work is full on at Urimbirra, and according to Cheryl you need to be to make sure the animals are healthy.

"We find that we are open to a lot of scrutiny... it's the nature of the business," Cheryl said. "We had a lady run into the shop screaming that a kangaroo had a bone sticking out of its stomach and asked how could we be so

cruel. It was the leg of a joey.

"We've been reported to the RSPCA because the tail feathers on the peacocks had fallen out, and people assumed they were ripped out, but every year the old ones fall out and they grow a new set."

Andy and Cheryl don't become despondent because they live by the meaning of Urimbirra... to preserve or take care of. Yes, it can be a tough business, but the very few difficult customers are simply fed to the crocodile Andy and Cheryl are pictured sitting on while Freddo chuckles. The good ones get the chance to cuddle a koala, walk among the kangaroos and look the cassowary in the eye.

By the way, have you been there lately? ■

Pictured below: Keeper Leoni Kenyan with one of her slithering friends, a Queensland python.



Preparing for an emergency... Penny Leonard at a CFS Firey Women workshop in Milang last year.

It's winter, so the women are getting 'firey' again

Winter is here, but the need to prepare for bushfires has never been greater. The Country Fire Service will be running a series of free Firey Women workshops on the Fleurieu Peninsula giving practical advice, demonstrations on using equipment and addressing what you can do to be better prepared for a bushfire.

CFS community engagement officer Jackie Horton said winter was an ideal time to talk about bushfire risk.

"This workshop was designed to enable women to learn new skills to help them protect their families and properties in the event of a major fire," she said.

"Filled with both information and practical skills, these workshops will provide you with information for life.

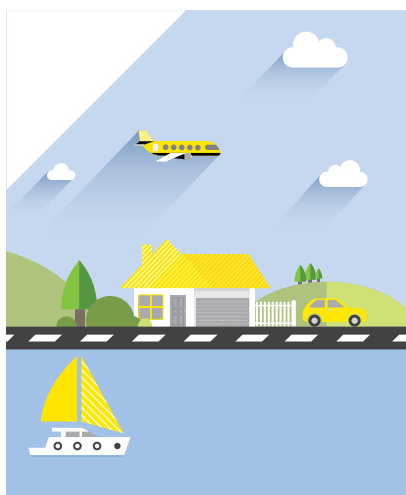
"Having a good lead in time before the fire season usually means less anxiety when talking about making appropriate preparations."

The workshops aim to confront questions like: would you know what to do if a fire broke out and you were home alone?

"Recent research has shown that there are differences in skills, knowledge and experience between men and women in regards to bushfire," Jackie said. "It also tells us that it is the women and children who are more likely to evacuate – often leaving this decision too late and with potentially disastrous results."

There will be a two-day Firey Women workshop in Yankalilla from July 3, or a four-evening workshop in Strathalbyn from July 4, while a workshop is planned for Currency Creek from August 21.

Further details/registration visit: www.cfs.sa.gov.au or contact Jackie Horton 0457 102 981.



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RAA

"Hi Bert, sorry but the price of a pound of butter has gone up..."

When Bert Brittain was six-years-old the local 4-Square, once the most recognisable store in corner grocery shopping throughout South Australia, opened its doors for the first time.

And by the time Allan Steel was 10 in the mid-50s he was running into Bert's own local Port Elliot 4-Square and buying a few groceries for his mum – and probably a few mixed lollies for himself.

Today they are still great mates, only it's Allan serving Bert, a spritely 98-year-old, as a volunteer in the site shop at Resthaven Port Elliot.

It is a wonderful twist of fate that they caught up again after years apart, but understandably Bert isn't running into the store with such pace as a young Allan once did, but nonetheless still with enthusiasm.

Their reunion was brought about by Allan volunteering in the Resthaven community store to help the residents – nearly all of whom would have also shopped at the old 4-Square stores, which started in 1924 and officially ended in 2003. (For the trivia minded, the name 4-Square came from the date it started, July 4, 1924).

They met up again when Resthaven recognised all of its volunteers during National Volunteer Week in May, and naturally Bert and Allan reminisced about the days of the old 'corner store' and probably the price of a pound of butter in times gone by.

The theme of Resthaven's volunteer appreciation day was *Viva Volunteers*, and Stacey Thompson, manager volunteer services, urged everyone to thank the volunteers for their generosity and spirit.

"Volunteers increase our flexibility, expertise, energy and social connections," Stacey said. "Our community wouldn't be the same



Allan (left) serves Bert at the Resthaven Port Elliot shop.

without the power of volunteers."

Resthaven, which was established in 1935, shares the lives and wisdom of more than 9000 older people and their carers who live throughout metropolitan Adelaide, the Adelaide Hills, Murraylands, Riverland, Fleurieu Peninsula and Limestone Coast. Resthaven Port Elliot celebrated its first birthday on May 18. ■



If you would like to join Resthaven as a volunteer, please phone Stacey on 8373 9036 or apply online: www.resthaven.asn.au

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Pictured above is one of South Australia's most beautiful landmarks, but some may not recognise it immediately. The image was taken by David Hancock, who has provided Coast Lines with numerous images in recent years. He believes it's time we fell in love again with where we live.

Love your coastline

David Hancock is our Bird Man, but at times he feels like he's one who flew over the cuckoo's nest.

As a creator of Hypervision, with his multi-talented partner Anne Gibbons, David is an internationally acclaimed photographer, who for the past 12 months has been capturing the most beautiful and spectacular visions of our southern Fleurieu Peninsula from the air. He's used helium lifts and drones, been in helicopters, up cherry pickers and used giant poles – all returning stunning shots that we walk around every day. It's our backyard, but he cannot understand why we all don't take a minute of our precious daily time to look around and sense its beauty.

David feels it is time to recall why we first came to this southern coastline. "We need to remember what brought us to where we are and fall in love again with the nature that surrounds us," he said.

"Upon first showing this image (above) most people could not identify this landmark," David said. "Suddenly, they'd say, oh my god, it is The Bluff."

As much as David understands why some may not recognise The Bluff from an unusual angle, he likes to believe by simply looking at it reminds us of the importance of feeling a

greater sense of pride in where we live.

In recent years David earned two final nominations and received another two judges' honourable mentions for his four entries that were among the 7500 received for his category at the International Black and White Spider Awards, one of the most prestigious photography awards in the world, and his amazing career spanning more than 30 years also includes creating one of the finest showcases of scenes for Tourism Australia and the South Australian Tourism Commission.

For the past 12 months David and Anne have been working on their Birdseye Project, which includes taking special aerial vision for corporations, small businesses and private enjoyment, and recently made many of their images available to the public through their temporary shop within the Goolwa Shopping Centre complex and online. They live on Hindmarsh Island and also have an office in Noosa, from where they also do a lot of filming and still shots.

Their Hypervision business bears the tag *Pictures with a Purpose*, and their work largely focuses on their slogan, *As nature intended*. It sums up nicely what this couple is all about; their passion to experience what

“

Sure, Queensland has its trees and water, but that's all Queensland is. It's a beautiful part of this world, but it does not have anywhere near as much as we have here.”

– David Hancock

we have got and share it through a tourism world.

"South Australia was branded as a state of contrasting landscapes, and it is not until you photograph them that you know how true that is," David said.

"Across the southern Fleurieu Peninsula we have the Murray Mouth, the Coorong, rugged cliffs, dry baron land, rich green fields, sandy coves and forests. We have amazing rock formations that Queenslanders could only dream of.

"Sure, Queensland has its trees and water, but that's all Queensland is. It's a beautiful part of this world, but it does not have anywhere near as much as we have here. We have ever-changing seasons; you could come



to the same spot and time and you could capture 10 different images. Queensland is beautiful 24x7; it's all the same, always the same scene.

"A lot of people come to our south coast for different reasons; our whole area is full of day-trippers at times, and it's good from the local economy point of view. But we also need to embrace why they come here; we need to make our own time to celebrate the coastline we have got. It's annoying that so many people don't."

When asked what was his favourite panoramic view, he said: "It depends on what day it is." However, don't mention CGI... computer generated images. "They can confuse people," he says. "It's not the real thing. We pride ourselves that our images are real; we have actually been there and there is definitely emotion involved. We try to capture what people love."

"A client wanted an aerial shot of where he lives at Hindmarsh Island to put on his wall at home because it reminded him why he loved living where he does. It's what photography can do; it gives us emotion."

David and Anne are now preparing for a release of an extensive photography shoot



along the beaches of Waitpinga and its magnificent cliffs.

"I have travelled right alongside Waitpinga by boat, but because it was so rough and scary I did not take much notice of the cliffs," David said. "Having taken some scenes (by drone) I can now say it is an amazing part of our coastline."

"There is a walking trail on the whole cliff

front, but there was not a person to be seen when we went over; I don't think many people know it's there. We need to stop in our busy lives and breathe in the scenery around us; nobody else has what we have.

"This is all part of a great part of the world that, for whatever reason, we just don't make the time to explore, and those who do want to look at it every day on their wall. It's about falling in love again with where you live."

Peak times, more than 5000 tourists from all over the world walk into the Visitor Information Centre at Victor Harbor every month, and each one looks for an image of an iconic landmark to discover what this place is all about.

The tourists will soon be confronted by the above image of The Bluff, an almost three-metre wide panoramic presentation, and marvel at this spectacular sight. We just hope that, no matter where you live, you also start falling in love again with your own beautiful surrounds. They're everywhere along the south coast. ■

www.hypervision.com.au

Below: A spectacular view of Port Elliot.



Community was life of the party

Birthday parties are usually about receiving presents, but when our Goolwa & District Community Bendigo Bank turned five last month it was done differently at the Signal Point Gallery.

The Goolwa Surf Life Saving Club, which like all surf lifesaving clubs does so much for this community, received a \$1000 cheque through its captain David Reynolds and president Gavin Cousins as part of the bank's club/organisation reward scheme, while Mardy Teeley, the Alexandrina Council Young Citizen of the Year, received \$500 in another sponsorship gesture. Amazing people, all of them.

And rather than everyone singing to the bank, its chairman Carol Gaston AM sang the praises of so many for their community work too, and especially the much-welcomed guests who had played such an important role in helping to open the bank's doors on May 5, 2011.



Advertorial

The story of the bank's humble beginning in response to the people of Goolwa and surrounding areas saying they were prepared to do something positive following the awful drought that threatened the prosperity of the town was recalled, but only briefly.

This birthday occasion was about celebrating what a town can do working together, and the success stories and marvellous achievements of clubs and organisations, the heroics of volunteers and just everyday community people were mentioned as everyone soaked up the feel-good night.

It was also different to the usual corporate functions because, as much as it was pleasant it wasn't



Above: The presentation to Goolwa SLS members Gavin Cousins (second from left) and David Reynolds (right) from the bank's Dee-Anne Farrow (left) and Carol Gaston. Below: And it's not a party without a cake, with Carol and Felix.



lavish. It was simply a reflection of what the our community bank, particularly its chairman, board members, managers and staff have always been about – being community minded.

Of course, Carol highlighted how the bank was still young, and how it needed to grow, emphasised none better with a proud statement that during these challenging and exciting years the Goolwa Community Bank had given more than \$100,000 back to the community. Also, our bank branch was at the top of the tree in terms of the number of clubs and organisations that were customers.

However, the true realisation came when it was revealed other Bendigo community banks that had been around much longer had given more than \$1 million back into their community based on the community's investments and transactions, and services like insurance policies.

The wonderful thing is that, given the relatively small amount of effort it takes to change banks and nominate clubs/organisations, and the number of new customers required, our community bank could pour



even more money back into Goolwa and surrounding districts if it had less than a 10 per cent lift in support.

It's not rocket science, or in this case, a sparkler, but a genuine reason to go "hip, hip, hooray!" To capture the mood of this birthday party, it's time everyone did their part in allowing our five-year-old Goolwa & District Community Bank to grow. The bank is open 9 til 5, and Felix, the new manager, and the pleasant staff would love to meet you.



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All the way to the USA with...

Team Taylah

Twin Taylah Levy has this uncanny knack of being able to fit a double amount of time in her basketball life, and works twice as hard at training compared with most.

Needless to say, at 15 she is twice as good as many of her opponents, yet for all this, Taylah has never lost sight of her two greatest supporters – mum, Kate, and dad, Grant – and an amazing legion behind them including her twin sister Chelsea and older brother, Tyson, and coaches.

Taylah's gratitude, dedication and attitude is perhaps no different to many other promising young sports stars from our south coast region who have done so well over the years, but when asked what she believed was her strength in basketball she said leadership.

She could have said her speed, ball control or an exceptional jump shot for three-pointers, but Taylah pinpointed leadership. "I like communicating with my teammates," she said. "I make that bond so that we get on and play well."

The quality must be obvious because it has played a significant part in being recognised as one of Australia's brightest young basketballers, a journey that is now leading to a tour of North Carolina and Texas in the United States of America with the State under-16 National Intensive Training Squad members in November-December.

Joining Taylah on this US tour that provides a great insight into the USA college basketball program and tough competition will be Talia Griffiths, 14, another brilliant basketballer from Goolwa, who unfortunately was unwell when we put this story together. These girls are the only non-metro players in the squad.

“

I train every night of the week and play almost every night of the week as well, and I could not do it without that family support.”

– Taylah Levy

Taylah was in this elite U16 squad at 14, and her long list of credits also include representing Australia as captain at U14 level, and making the state country national team and high performance squads the past two years. She plays district basketball at senior level for the Eastern Mavricks, and loves playing for Celtics in the Great Southern Basketball Association, which has done remarkably well in its own junior development programs.

The USA trip is costing each player \$7000, plus as a team they have to work towards raising \$10K. Add the Melbourne Classics tournament in Melbourne over the June long weekend, the national U16 championships also in Melbourne in July, and the cost of playing in a whole range of competitions and the bill almost reaches \$20K annually.

Being a soft dad, Grant doesn't mind. "It's easier when you know that Taylah is gifted and incredibly self-driven," he said. His pride, and relentless support with sport, is also there with Chelsea and Tyson.

However, Taylah smiles and says it's usually mum who takes her to Adelaide for two hours training on Saturday afternoons and gets up at some ungodly hour to get her to national training on Sundays mornings. Grant just smiles.



"It's a big commitment by everyone," Taylah said. "I train every night of the week and play almost every night of the week as well, and I could not do it without that family support."

"Going to school afterwards can be tiring. Homework is the biggest issue... I get it done on the way to practice or a game, on the bus home from school."

"That's probably the hardest thing, learning to handle that pressure; you just have to balance everything, but again, I get amazing support from my school."

Taylah is doing Year 10 at Tatachilla Lutheran College, which supports her basketball

and school learning program incredibly well.

The USA tour has presented other young elite Australian players with opportunities to be picked up by top college teams, and it's also part of Taylah's big dream, along the way to playing in the US Women's Basketball Association and for our Olympic team, the Opals.

Of course, this whole journey is costing big dollars. If you would like to support Taylah, or our elite team, she would be, as always, incredibly grateful. You can contact Grant on 0419 843 244 to find out more. Get him out of bed early on a Sunday morning and donate. ■

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Go. See.

Presented by Goolwa & District Community Bendigo Bank

April 24-June 5

The Mixed Palate Photography Exhibition, Langhorne Creek. An exhibition of the entries in the recent competition at participating cellar doors throughout the Langhorne Creek region. Free.

June 3-July 10

Malpu Wiru Good Friends, a stunning exhibition at Singnal Ploint Gallery. Opening event Sunday June 5, 2pm. Especially programed for NAIDOC celebrations, and will bring art and culture from remote Aboriginal people to local suburban artists. There will be paintings, prints, sculpture, weavings and crafts. Anangu from the APY Lands and Ngarrindjeri will celebrate with this special event. Gallery open Mon-Fri 11am-4pm, Sat-Sun 10am-4pm.

Until June 19

Adornment is a free solo exhibition by Jo Jo Spook at the South Coast Regional Arts Centre (Old Goolwa Police Station). It depicts the eclectic mix and manipulation of materials, upcycled and transformed, collected with much love and curiosity. A collection of two and three dimensional sculptures using items and objects that tell a story using symbolism inspired by uncomfortable fashion and issues important to women. Jo Jo is an award-winning artist who uses various techniques in hand formed welded metal, silver-smithing and unusual collage. Her work offers quirky overtones in rebirthing of dolls, bones, antiques and domestic kitchen wear. Items within the art work are identifiable providing the viewer with a memory of forgotten times and

Just a thought...

If you keep your feet firmly on the ground you'll have trouble putting on your pants.

Still time to help a great cause

There is still time to help a great cause... organise or attend an Australia's Biggest Morning Tea function. The wonderful team at Riverside Retirement Village, 192 Liverpool Road, Goolwa North is hold a morning tea in their community room on Friday, June 3 from 10am.

Come along & enjoy a cup of tea or coffee and some delicious food. A raffle will



also be held. Entry fee \$5. Every cent goes to cancer research. Well done!

humour. Opening: Friday, May 13 at 5.30pm; gallery hours Wed-Fri 11am-4pm, Sat-Sun 10am-4pm.

June 18-19

The Victor Harbor City Band will present its annual concert with matinee performances in the Victor Harbor Town Hall

from 2pm. Bandmaster Brenton Osborne has chosen a variety of appealing brass band music including traditional marches, popular pieces from the past, excerpts from musical shows and serious music written for brass instruments only. A highlight will be a solo performance by virtuoso cornet player, Allan

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July Workshops
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Blackledge (see page 11) playing a delightful piece called The Nightingale. Band stalwarts Vic Walter and Liz Eland will also feature in the program along with some talented younger members of the band providing solos, duets and even a quartet. Support from VH Council, service clubs, Rotary and Lions, and local businesses is greatly appreciated, but revenue from the annual concert remains the major fundraiser, hence good attendances are most important. Tickets: Swan's Pharmacy, Victoria St, or at the door.

Sunday, June 19

Shakespeare Again - More Women! Presentation/literature by Jean Crowther at Signal Point Gallery Theatre at 2pm. Following her presentation in 2015, Jean will again present a selection of Shakespeare's remarkable women, in their own words. She will introduce each character, describe the staging and set the scene. Jean's readings remind us of the timeless appeal of the Bard of Avon.

Until June 19

Dire is the fourth in a series of free exhibitions at the South Coast Regional Art Centre. It invites artists to interpret both the threats to and the beauty of the South Australian gulfs. Over 70 artists representing many genres have exhibited their work in the first three exhibitions. This exhibition, presented by the Centre for Culture Land and Sea, expands in three directions. Opening: Friday, June 24 at 5.30pm; gallery hours: Wed-Fri 11am-4pm, Sat-Sun 10am-4pm.

Friday, June 24

Cittaslow presents Winter At The Wharf indoors at the Downstairs Gallery, Signal Point Goolwa from 6-10pm. Music by local band Dylan Bros., food by Harborganics Wood Fired Pizzas and Cittaslow Platters. Wine by Shaw Family Vintners. Band plays from 7pm. Tickets \$15 (includes first drink) e: famsmith@internode.on.net or phone: 0417 843 946.

Until July 29

The short-listed final entries for the \$10,000 Fleurieu Food + Wine Art Prize, will be displayed around nine participating wineries from Saturday until July 29. They are: McLaren Vale & Fleurieu Visitor Centre, Angove, Chapel Hill, Kay Brothers, DogRidge, Hugo Wines, Red Poles, Wirra Wirra, and Penny's Hill.

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Volunteering in your community comes in all shapes and sizes (and time), but making a positive difference to someone's life may take as little as two hours each week.

The Royal Society for the Blind at Victor Harbor is looking for volunteers who can assist blind or visually impaired community members to participate in various programs that help maintain their quality of life and improve their independence. Assistance is needed with the recording of a talking newspaper, or perhaps you can spare time for a walk, have a cuppa and a chat, or assist a client with transportation.

If you are interested in volunteering, and these roles don't meet your skills and interest, please contact the office on 8552 7858.

Further information: Jackie Horton at Southern Volunteering on 0488 124 840

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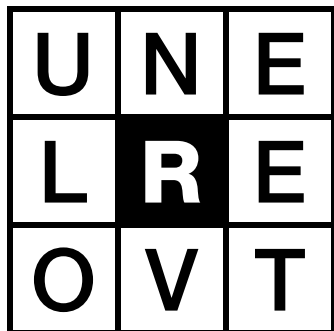
Puzzles

answers P31
(and don't cheat)

Target Time

Using the nine letters in the grid, how many words of four letters or more can you list? The centre letter must be included and each letter may only be used once. No colloquial or foreign words. No capitalised nouns, apostrophes or plural words ending in 's'. Reference Source: Macquarie Dictionary

Target: Average - 23, Good - 29, Excellent - 35+

[illegible]

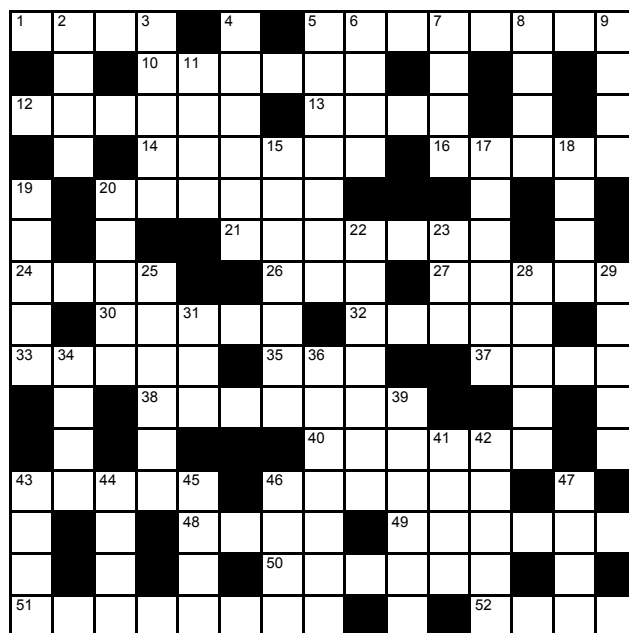
Crossword

ACROSS

- | | |
|---------------------|-------------------|
| 1 Hindu garment | plant |
| 5 Turning | 49 Church title |
| 10 Tallied | 50 Fix a tax |
| 12 Slave | 51 Contrite |
| 13 Noteworthy act | 52 Whirlpool |
| 14 Combines | |
| 16 Rate of progress | DOWN |
| 20 Seesaw | 2 Absent |
| 21 Lift | 3 Give out |
| 24 Slight parody | 4 Well-mannered |
| 26 Hawaiian | 5 Arbitrator |
| garland | 6 Lyric poems |
| 27 Tender | 7 Performs |
| 30 Commerce | 8 Not working |
| 32 Stair handrail | 9 Pleased |
| post | 11 Walking-stick |
| 33 Unclothed | 15 Bank employees |
| 35 Decay | 17 Like better |
| 37 Deeply | 18 Otherwise |
| engrossed | 19 Melody |
| 38 Stopping | 20 Hackneyed |
| 40 Guide | 22 Wine merchant |
| 43 Phantom | 23 Pull along |
| 46 Looking-glass | 25 Vestiges |

DOWN

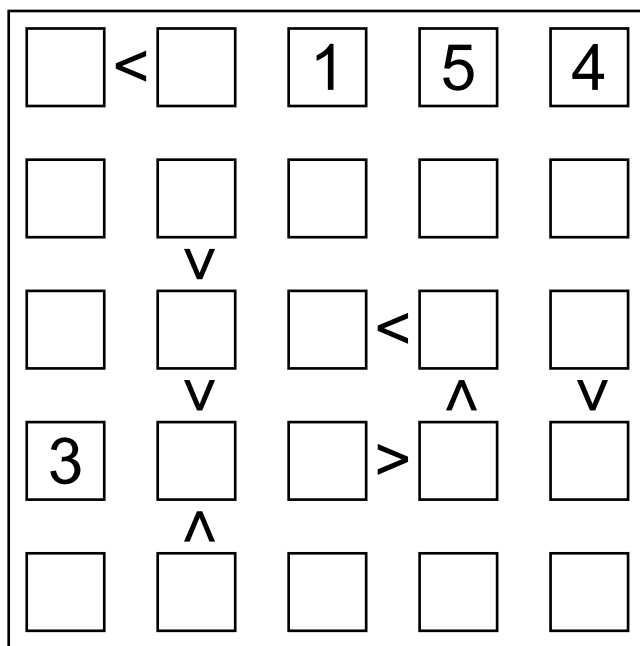
- 2 Absent
3 Give out
4 Well-mannered
5 Arbitrator
6 Lyric poems
7 Performs
8 Not working
9 Pleased
11 Walking-stick
15 Bank employees
17 Like better
18 Otherwise
19 Melody
20 Hackneyed
22 Wine merchant
23 Pull along
25 Vestiges



- | | | |
|---------------|-------------------|----------------------|
| 28 Talent | 36 Most unctuous | 44 Augury |
| 29 Proportion | 39 Pleasant place | 45 Diplomacy |
| 31 Land | 41 Female deer | 46 Express suffering |
| measure | 42 Efface | 47 Empty |
| 34 Luxuriant | 43 Firm hold | |

Futoshiki

The aim of the Futoshiki puzzle is to fit the numbers 1 to 5 into the 5x5 grid, so that every row and column contains every number only once. You also have to satisfy the less than (<) and greater than (>) signs. A less-than sign, <, means that the number it points at must be less than the number on the other side of the sign. Turned around the other way it becomes a greater-than sign, >, but the logic is still the same - the number it points at is smaller than the number on its other side. By paying attention to these inequality signs, some of the possibilities from the squares can be eliminated. Each Futoshiki puzzle has only one solution. Good luck!



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Smart kid

A young boy goes into a barber shop and the barber whispers to his customer: "This is the dumbest kid in the world; watch, I'll prove it to you."

The barber puts a \$5 note in one hand and a \$2 coin in the other, and asks the boy: "Which do you want, son?" The boy takes the \$2 coin and leaves. "I told you," says the barber. "That kid never learns."

Later, when the customer leaves, he sees the same young boy coming out of a shop. "May I ask why did you take the \$2 coin instead of the \$5 note?"

The boy says: "Because the day I take the \$5 the game is over."

How romantic

An elderly couple is sitting on the front verandah at Middleton sipping wine. The wife says: "I love you." The husband says: "Is that you or the wine talking?" And the wife says: "It's me, talking to the wine."

What's in a name?

"A pregnant woman gets into a car accident and falls into a deep coma. Asleep for nearly six months, she wakes up and sees that she is no longer pregnant. Frantically, she asks the doctor about her baby. The doctor replies: "Congratulations, you had twins... a boy and a girl. The babies are fine. Your brother came in and named them." Knowing her brother, she fears the worst. "Oh no, doctor, my brother is an idiot, what did he name the girl?"

The doctor smiles: "Denise." The mother thinks, 'that's okay; it's still a very nice name.' She asks the doctor: "What did he call the boy?"

And the doctor says: "Denephew."

A real pain

It's freezing cold and a wife in Goolwa texts her husband: "Windows frozen, won't open." The husband texts back: "Pour some hot water around the edges and then gently tap it with hammer."

Wife texts back five minutes later: "Now we need a new computer."

Laugh Lines

Pain killers

A married couple go to the hospital to have their baby delivered. Upon their arrival the doctor says the hospital is testing an amazing new high-tech machine that can transfer a portion of the mother's labour pain to the baby's father. He asks the couple if they are interested. Both are very much in favour.

The doctor sets the pain transfer to 10%. "It's probably more pain than a father has ever experienced," he says.

But as the labour progresses, the husband feels fine and asks the doctor to go ahead and kick it up a notch. The doctor adjusts the machine to 20% pain transfer. The husband still feels nothing, so he puts it up to 50%. Then, incredibly, absolute maximum transfer pain.

The wife has a healthy baby with virtually no pain and the husband has experienced none. They go home and find the next door neighbour dead on their front verandah.

Lot of rubbish

A father is at his son all the time for not working hard enough at school, and says: "Son, you could be a doctor or a scientist but will never get a job because you don't study." The son smiles, and says: "Dad, I have already got a job as a garbage collector with the Victor Harbor Council and I start tomorrow." The dad is horrified. "Why on earth would you be excited about being a garbage collector when a bit of hard work you could be a doctor or a scientist?"

And the son says: "It's a great job... they only work on Tuesday mornings."

Grilled

A bloke is put in a cell for the night for being drunk and the police sergeant asks the young constable: "Did you give the prisoner the third degree?"

The constable says: "Sure did."

The sergeant asks: "Did you give it to him over and over again?"

The constable says: "Sure did."

The sergeant asks: "What did he say?"

The constable says: "Yes dear, and then he dozed off again."

Dad jokes...

Why is a computer so smart? It listens to its motherboard.

Why do mother kangaroos hate rainy days? Because their kids have to play inside.

What did the mother skunk say to her teenage skunk? Don't stink and drive.

Why did the farmer feed his sheep iron-enriched vitamins? He wanted to get steel wool.

What's the difference between a well-dressed man and a tired dog? The man wears a suit and the dog just pants.

What happens if you get a gigabyte? It megahertz.

What do you call a fairy who farts? Stinkerbell.

What do you call a girl with sausages on her head? Barbie.

Why did Sally give up on her ballet lessons? Because they were tu tu difficult.

How many tickles does it take to make an octopus laugh? Ten-ticles.

Who says sticks and stones may break my bones, but words will never hurt me? A guy who has never been hit with a dictionary.



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Let's stop the rot – the rains are coming

Winter is obviously here and we need to be careful about watering your plants – not only with too much with good rains for the farmers, but making sure your plants still get some when we tend to forget that it may not have rained for some time.

The best way to control the amount of water is have some drainage when you set up your garden. That's easier said than done for most, but you can ease the situation by have a small drain sloping away from your plants so the water doesn't form a giant pool.

Cold weather makes it easier to forget watering your indoor plants, but there are those who still water them too much. The signs are similar for both – you can tell if the leaves are yellow, or appear wilted. It's a sure sign the roots are rotting or becoming stunted, preventing new growth. With too much water the soil may develop a tinge of green, which is algae.

The reason for plants affected by too much water is that plants need to breathe through their roots, and when there is too much water, the roots cannot take in gases and it can actually slowly suffocate them.

You may tell if your plants have enough water by feeling the top of the soil before you water –



only when the soil surface is dry. If you find that your plant has a drainage problem that is causing too much water for a plant, then correct this issue as soon as possible.

Don't stress too much is you over-water... it may still grow. It all gets down to remembering that "kindness can kill" and being attentive to your plants. There are some great products available to help give your plants longer-lasting moisture and all the necessary nutrients. That's real TLC.

And while we are hopefully getting the right rainfalls think about running water off your roof into a tank for your garden. It doesn't need to be too big, but come the summer it will help cut the water bills when you really need to be diligent about watering your plants. ■

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MOVIE TIMES:

Coast Lines is no longer able to provide all of the times for the movies because Victa Cinemas now operates its program on a weekly basis. Sessions times for the current and upcoming movies may be confirmed on the cinema's website. Some movies are in 3D (we mark them in red)... check the website.



X-Men Apocalypse

(M) Action, superhero movie starring Jennifer Lawrence, Michael Fassbender, Nicholas Holt and Rose Byrne. Directed by Bryan Singer. Since the dawn of civilisation, he was worshipped as a god. Apocalypse, the first and most powerful mutant from Marvel's X-Men universe, amassed the powers of many other mutants, becoming immortal and invincible. Upon awakening after thousands of years, he is disillusioned with the world as he finds it and recruits a team of powerful mutants, including a disheartened Magneto (Michael Fassbender), to cleanse mankind and create a new world order, over which he will reign. As the fate of the Earth hangs in the balance,



Raven (Jennifer Lawrence) with the help of Professor X (James McAvoy) must lead a team of young X-Men to stop their greatest nemesis and save mankind from complete destruction. **Fri, June 3: 1.30pm, 8.15pm; Sat, June 4: 1.30pm, 8.15pm; Sun, June 5: 1pm, 7.30pm; Tues, June 7: 8.15pm; Wed, June 8: 1pm, 7.30pm.**

Alice Through the Looking Glass

(CTC) Fantasy movie starring Mia Wasikowska, Johnny Depp, Anne Hathaway, Helena Bonham Carter and Michael Sheen. Directed by James Bobin. Following 2010's *Alice in Wonderland* from Tim Burton, this sequel sees Alice (Mia Wasikowska) returning to the world of Underland to travel back in time to save the Mad Hatter (Johnny Depp). Helena Bonham Carter and Anne Hathaway return, starring alongside new faces Rhys Ifans as the Mad Hatter's father and Sacha Baron Cohen as Time himself. **Fri, June 3: 11.45am, 4.15pm, 8.45pm; Sat, June 4: 11.45am, 4.15pm, 8.45pm; Sun, June 5: 1pm, 8pm; Tues, June 7: 8.45pm; Wed, June 8: 10.30am*, 3pm, 7.45pm.**



personality whose insider trading tips have made him the money guru of Wall Street. When Kyle, a viewer who lost all of his family's money on a bad tip from Lee, holds Lee hostage on air, ratings soar as the entire country tunes in to this media frenzy to find out just how much a man's life is worth. **Fri, June 3: 11.30am, 4.15pm, 6.15pm; Sat, June 4: 11.30am, 4.15pm, 6.15pm; Sun, June 5: 3.45pm, 5.30pm; Tues, June 7: 6.15pm; Wed, June 8: 10.45am*, 3.45pm, 5.45pm.**



The Nice Guys

(MA15+) Crime movie starring Russell Crowe, Ryan Gosling, Beau Knapp and Keith David. Shane Black (*Iron Man 3*) directs this police drama set in Los Angeles during the 1970s, and centering on a pair of detectives who stumble into a sprawling conspiracy while investigating the alleged suicide of a once-prominent female porn star. Russell Crowe and Ryan Gosling top-line this Warner Bros. release that reunites *Lethal Weapon* scribe Black with that film's producer, Joel Silver. **Fri, June 3: 2pm, 6.30pm; Sat, June 4: 2pm, 6.30pm; Sun, June 5: 3.15pm, 5.45pm; Tues, June 7: 6.30pm; Wed, June 8: 12.45pm, 5.15pm.**



Money Monster

(CTC) Drama starring Julia Roberts, George Clooney, Jack O'Connell, Caitriona Balfe and Dominic West. Directed by Jodie Foster. *Money Monster* is about Lee Gates, a TV



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Now You See Me 2

(CTC) Thriller starring Jesse Eisenberg, Woody Harrelson, Dave Franco, Mark Ruffalo, Daniel Radcliffe and Lizzy Caplan. Directed by Jon M. Chu. One year after outwitting the FBI and winning the public's adulation with their mind-bending spectacles, the Four Horsemen resurface in *Now You See Me 2* only to find themselves face to face with a new enemy who enlists them to pull off their most dangerous heist yet. **Commences June 10**



Finding Dory

(CTC) Animation movie starring Ellen DeGeneres, Albert Brooks, Diane Keaton, Eugene Levy and Ty Burrell. Directed by Andrew Stanton. This takes place about a year after the first film, and features returning favorites Marlin, Nemo and the Tank Gang, among others. Set in part along the California coastline, the story also welcomes a host of new characters, including a few who will prove to be a very important part of Dory's life. **Commences June 17**



Harry & the Snowman

(G) Documentary starring Dana Rappy, Peter Doubleday, Tom Haney and Jackie Bitner. Directed by Ron Davis. Dutch immigrant, Harry deLeyer, journeyed to the United States after World War II and developed a transformative relationship with a broken down Amish plow horse he rescued off a slaughter truck bound for the glue factory. Harry paid \$80 for the horse and named him Snowman. In less than two years, Harry & Snowman went on to win the triple crown



of show jumping, beating the nations blue bloods. They were famous for their day and travelled around the world together. Their chance meeting at a Pennsylvania horse auction saved them both and crafted a friendship that lasted a lifetime. Eighty-six year old Harry tells their Cinderella love story firsthand, as he continues to train on today's show jumping circuit. **Commences June 17**

Me Before You

(PG) Drama starring Emilia Clarke, Sam Claflin, Jenna Coleman, Matthew Lewis and Charles Dance. Directed by Thea Sharrock. Louisa "Lou" Clark (Clarke) lives in a quaint town in the English countryside. With no clear direction in her life, the quirky and creative 26-year-old goes from one job to the next in order to help her tight-knit family make ends meet. Her normally cheery outlook is put to the test, however, when she faces her newest career challenge. Taking a job at the local "castle," she becomes caregiver and companion to Will Traynor (Claflin), a wealthy young banker who became wheelchair bound in an accident two years prior, and whose whole world changed dramatically in the blink of an eye. No longer the adventurous soul he once was, the now cynical Will has all but given up. That is until Lou determines to show him that life is worth living. Embarking together on a series of adventures, both Lou and Will get more than they bargained for, and find their lives – and hearts – changing in ways neither one could have imagined. **Commences June 24**



Queen of the Desert

(CTC) Drama starring Nicole Kidman, Robert Pattinson, Jude Law, Damian Lewis. Directed by Werner Herzog. The film stars Nicole Kidman as Gertrude Bell, an explorer, writer, archeologist and attaché



for the British Empire, who is credited with helping to catalyze the formation of the Middle East at the dawn of the 20th Century. **Commences June 24**

Independence Day: Resurgence

(CYC) Action movie starring Liam Hemsworth, Joey King, Maika Monroe, Vivica A. Fox and William Fichtner. Directed by Roland Emmerich. We always knew they were coming back. After *Independence Day* redefined the event movie genre, the next epic chapter delivers global spectacle on an unimaginable scale. Using recovered alien technology, the nations of Earth have collaborated on an immense defence program to protect the planet. But nothing can prepare us for the aliens' advanced and unprecedented force. Only the ingenuity of a few brave men and women can bring our world back from the brink of extinction. **Commences June 24**



Central Intelligence

(CTC) Action movie starring Dwayne Johnson, Kevin Hare, Aaron Paul, Amy Ryan and Megan Park. Directed by Rawson Marshall Thurber. The story follows a one-time bullied geek, Bob, who grew up to be a lethal CIA agent (Dwayne Johnson), coming home for his high school reunion. Claiming to be on a top-secret case, he enlists the help of former "big man on campus" Calvin (Kevin Hart), now an accountant who misses his glory days. But before the staid numbers-cruncher realises what he's getting into, it's too late to get out, as his increasingly unpredictable new friend drags him through a world of shoot-outs, double-crosses and espionage that could get them both killed in more ways than Calvin can count. **Commences July 1**



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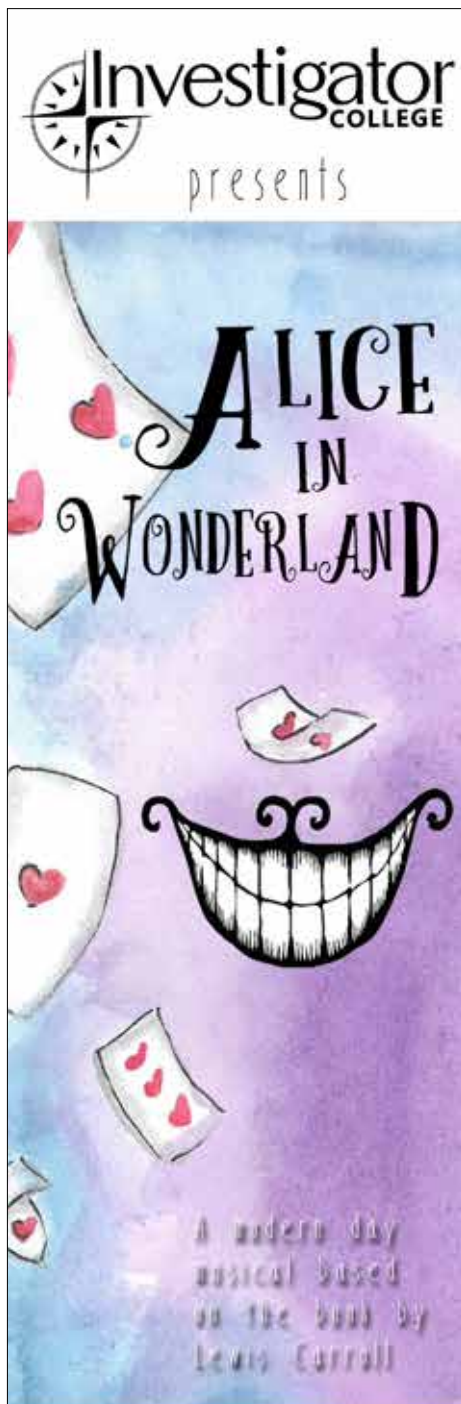
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Eat Wave with Jenny

Fettuccini Carbonara

Since our first year of Coast Lines in 2011 we have received numerous requests for previously published recipes, and this one is among the most popular. (Mr Eatwave says it's the best pasta dish enof all time...)

Ingredients

1 tablespoon olive oil
25g butter
100g sliced pancetta, cut into thin strips
2 garlic cloves, crushed
400g fettuccine (fresh is nice)
3 eggs
150ml pure pouring cream
ground black pepper
½ cup pecorino cheese, grated
½ cup parmesan cheese, grated
2 tablespoons fresh chopped parsley
extra grated pecorino and parmesan cheeses to garnish

Method

Heat the oil and butter in a frypan over medium heat. Add the chopped pancetta and cook for 4-5 minutes, or until pancetta starts to become crisp. Stir in the crushed garlic, then remove from heat and place to one side.

Meanwhile cook the pasta in a large saucepan of boiling water, as per packet instructions.



In a bowl beat the eggs and cream together, adding ground black pepper to season. Once cooked, drain pasta saving half a cup of the cooking water. Return pasta to saucepan with reserved water (do not return to heat). Quickly add the pancetta to the egg mixture, then pour over the pasta, stirring gently to combine. Add the two cheeses and parsley, and continue stirring until cheeses have melted. The heat from the pasta should cook the egg mixture and melt the cheeses.

Serve topped with extra grated cheese.

Serves 4.

**Pecorino cheese and pancetta can be purchased from most supermarkets in their special cheese section, or it can be substituted with more Parmesan. Spaghetti can be used instead of fettuccine.*

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Easy Chicken & Sweet Corn Soup

Ingredients

500g raw chicken breast, sliced thinly into bite-sized pieces
2 teaspoons cornflour
½ teaspoon sugar
2 litres chicken stock
5 level tablespoons cornflour mixed with 6 tablespoons cold water
310g tin creamed corn
420g. tin of corn kernels, drained
2 eggs, beaten
1 teaspoon sesame oil
salt & pepper to taste
4 tablespoons chopped spring onion

Method

Place sliced chicken in a bowl, add 2 teaspoons of cornflour and sugar, and toss to coat. Cover and refrigerate until ready to use. Place chicken stock in a large saucepan. Bring to the boil on medium heat, then reduce to simmer.

In a small bowl mix 5 tablespoons cornflour and 6 tablespoons of cold water, to form a smooth paste. Add to simmering stock, stirring continuously. Add creamed corn and drained corn kernels - stir through. Add cornflour-coated chicken in small batches, stirring after each addition. Continue stirring for a few minutes, until chicken is cooked through.

Add sesame oil, and gradually pour in beaten eggs whilst continuing to stir. Season to taste. Serve sprinkled with chopped spring onion. Serves 4.



Eat Wave with Jenny

Banana & Chocolate Chip Slice

Ingredients

3 large bananas
2 eggs
5 tablespoons natural yoghurt
2 tablespoons honey
1 cup wholemeal self raising flour
1 teaspoon cinnamon
1½ cups oat bran
1 cup chocolate chips

Method

Pre-heat oven to 180°C. Line a slice baking tin with baking paper.

Mash bananas in a large bowl. Add eggs, yoghurt and honey - stir to combine. Add self raising flour, cinnamon and oat bran, and stir until just combined - do not over mix. Then stir through chocolate chips. Spread mixture into the prepared slice tin and bake at 180°C for 25 minutes, or until firm to touch and slightly golden on top. Cool in pan, before



cutting into squares and storing in air-tight container. Note: sultanas or chopped nuts can be added in place of chocolate chips.



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Market trail

Trying to survive amidst the corporate madness

If you were on one of those game shows and someone asked what do most people buy at a market the most popular answer would be a plant. It's where we can meet a genuine bloke like David Smart who wouldn't dream of selling anything but a healthy specimen and always at a bargain price. He's there to talk about it, whether it be a lettuce, cucumber or a petunia. He'll tell you about the best climate conditions, what to feed it and how to look after it. If you call back to the market he's there again for a chat and advice.

And, we ask, why on earth do people still go to a giant corporate supermarket and buy a plant and have almost no idea what they're buying because they don't get friendly advice? But so many do.

It's tough out there for our fruit and veggie market people, but you hear no complaint from David, who runs a five-acre block at Tatachilla with his brother Andrew.

They grow plants under a controlled environment over a thousand square metres, and run an acre of outside production of



trees and ground covers.

Every weekend David then gets up at five o'clock and takes the plants to a community market, whether it be at Port Elliot, Willunga, Goolwa, Kadina or Stirling. He's been doing this for 22 years because he says it's the only way a small fruit 'n veggie bloke can compete with the Bunnings of this world.

"The Goolwa Garden Centre is not around anymore is it?" David asks, but there was no real need to prove his point.

"I started in the family business when it was

at Brooklyn Park... yeah, I have been in the industry all my working life.

"There haven't been too many spare weekends, even before the market days, but this is my life, my business, and I've had to do it because of the drought and everything else.

"Our busy times are spring and autumn, and during summer it's hard to sell things. Probably our biggest sellers are vegetables, tomatoes, this time of year things like lettuces and other leafy veg. Summer it's tomatoes, capsicum, egg plant, lettuce, basil. Herbs sell quite well, and with flowering pot plants our biggest sellers are petunias and pansies, marigolds, salvias and shrubs.

"Along the way you get to meet some really nice people of this world, and it's why I love to give them the best advice I can when they buy a plant."

And the No.1 rule when taking a plant home? "Give it plenty of water and plant it within a week," David insists.

"A lot of people leave in the pot for a long time and wonder why it just dies. You need to get it into the ground and the more water you give something the better it is going to be."

There you go, David cares about your plant. See him at a market almost any weekend if you want some free expert advice and a great range of plants at the right price, something you don't find in the corporate world. ■

Check market websites or facebook pages for any special 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: 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: 0459 786 469 or ebrotarymarkets@gmail.com

STRATHALBYN: The Lions Club of Strathalbyn holds a quarterly - or fifth Sunday of the month - market at Lions Park, South Tce, Strathalbyn on April from 8am-2pm. Produce, plants, bric a brac, crafts and other specialty stalls. Enquiries: Joy Dring 0407289030

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.

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

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

The key to a happier and longer life can be simple

By Troy Benson of
f.i.t Health & Fitness
- Happy Healthy
Strong, Goolwa.



Do you enjoy your independence? Are you able to move the way you want? Do you enjoy a sport or playing with your children or grandchildren? If you answered yes to any of those questions then you should thank and reward your muscles.

It's our muscles that allow us the freedom to enjoy our lives, and the better you look after your body the longer it will look after you.

As adults, our bodies start to have trouble preserving muscle mass, and increasing research suggests age-related loss of muscle mass is responsible for many conditions that people simply think of as "old age".

The numbers are staggering; on average a person will lose a quarter of a kilo of muscle and put on half a kilo of fat every year from age 30-60, which adds up to a total of 7 kilos of lean mass lost and a whopping 15kg of fat mass gained.

Research also tells us that muscle mass and

strength loss affects approximately 45% of otherwise healthy adults over 65 years to the same dramatic degree as those with serious clinical illness. This loss is not gradual – it actually accelerates with age.

Generally, it is possible to improve your muscle mass and function at any age. A well-designed total body resistance training program will help you feel younger for longer. Just 30 minutes 3-4 times a week can make dramatic improvements to your body, confidence and mood. Learning new movements regenerates your mind as you build a better body.

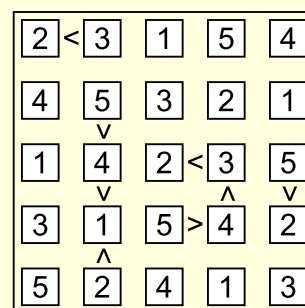
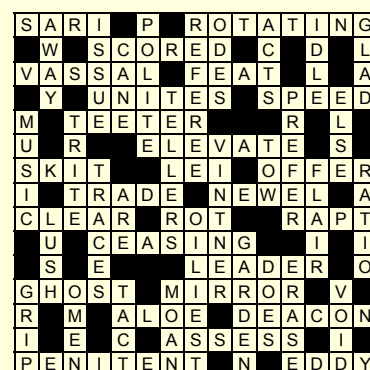
If you are unsure about the right moves for you it is a good idea to invest in the assistance of a qualified and experienced personal trainer, someone who has specific experience with strength training for older adults or find a facility that runs specific group sessions.



Puzzle answers (from P22)

TARGET TIME

Answers: enrol, enter, ever, evert, leer, lever, lore, lure, nerve, never, outer, over, overt, reel, relent, rent, revel, role, rote, route, rove, rule, rune, tenor, tenure, tern, tore, torn, tour, tree, true, tureen, turn, veer, venture, VOLUNTEER, voter.



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1/3rd	90mm x 190mm or 270mm x 61mm	\$330
1/2	135mm x 190mm	\$440
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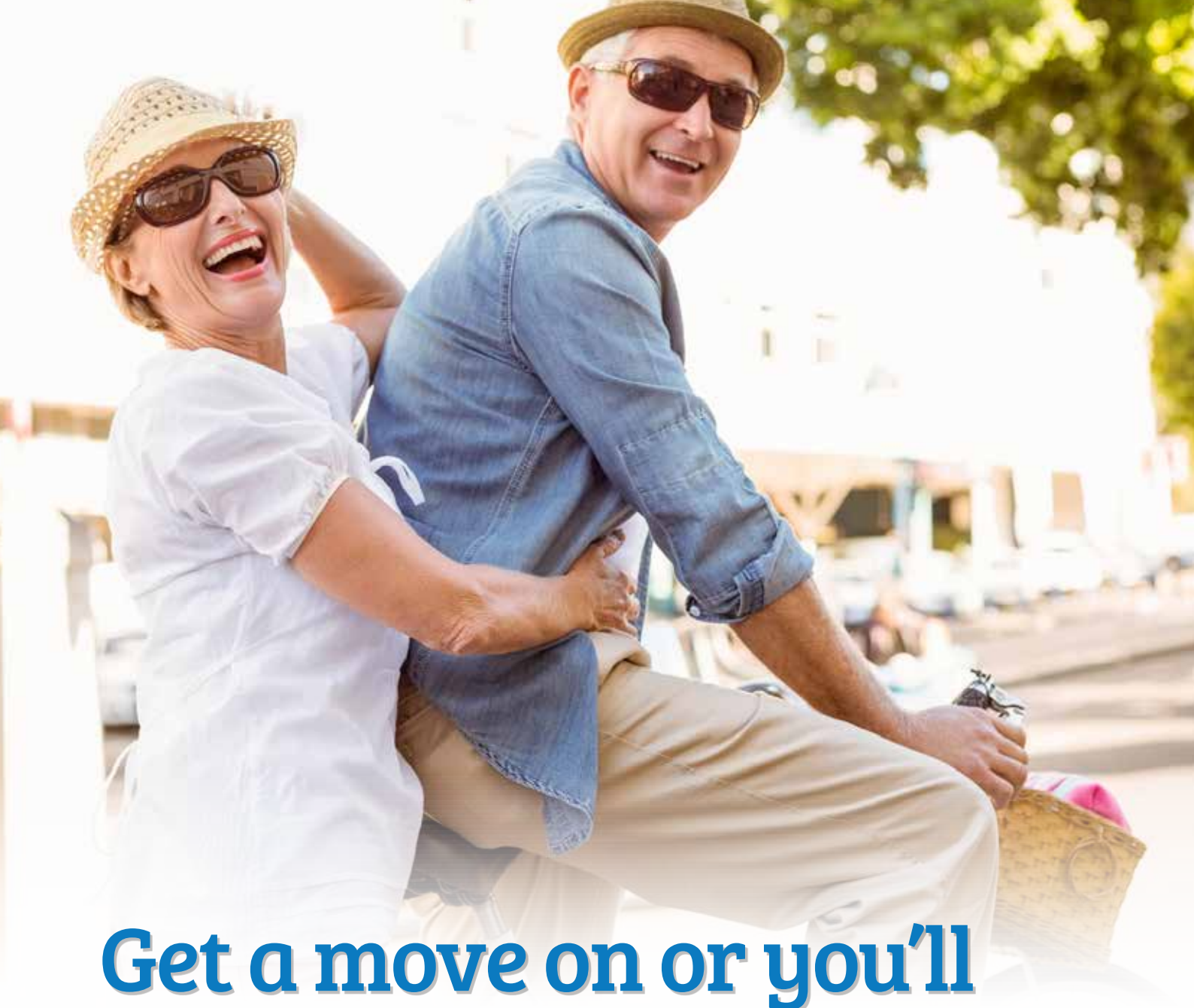
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