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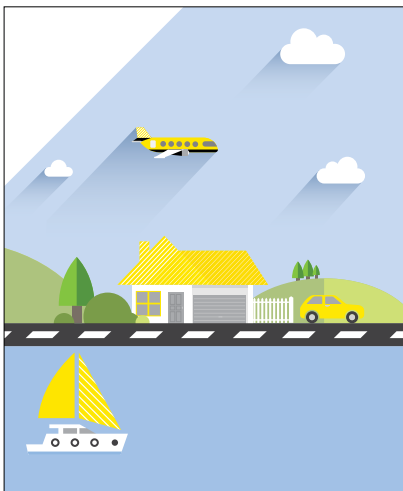
July 2016 Vol. 5 #77

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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
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ADMINISTRATION / WEBSITE
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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: Geoff & Sue McRostie at SA Design & Print, 90 Hill St, Port Elliot T: 8552 6606

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Our cover

Another election and the realisation that no matter who wins times are tough. We caught up with nutritionist Lelita Baldock, of Goolwa South, who understands why some people may not eat healthy food. It may be their upbringing, or simply not having the confidence to cook the basic healthy food. Lelita tells us how to get all of our nutrients on a \$90.48 fortnightly diet. And the meals taste great. For that, Lelita gets our vote.

FULL STORY & RECIPES: 9-12

This Month

Coinciding with Lelita's budget and healthy diet (above) is the fact Australia will celebrate Diabetes Week from July 10-16.

They share a clear message – cut down on your sugar intake. Talk to your doctor about how simple measures can save your life.

July was named by the Roman Senate in honor of the Roman general, Julius Caesar, it being the month of his birth. Prior to that, it was called Quintilis. July's birthstone is the ruby, which symbolises contentment, its birth flowers are the Larkspur or Water Lilly, while the zodiac signs are Cancer (until July 21) and Leo (July 22 onwards).

Given our push for health reminders this month, please erase from your memory that in the United States of America (where else?) July 17 is National Icecream Day and July 23 is National Hot Dog Day. The non-ridiculous days/weeks in Australia include:

4-10: National Sleep Awareness Week www.sleephealthfoundation.org.au

7: ASK-Y National Awareness Day (Against the Silent Killer of the Young) www.ask-y.net.au



www.sleephealthfoundation.org.au

22: National Pyjama Day www.thepyjamafoundation.com

25-31: National Pain Week Chronic Pain Australia www.chronicpinaustralia.org.au

28: World Hepatitis Day www.hepatitisaustralia.com

30: Gastroschisis Awareness Day averysangels.org

July 30-Aug 7: National DonateLife Week Organ and Tissue Authority www.donatelife.gov.au



New partnership

Coast Lines is pleased to introduce an occasional special four-page guide presented by the Alexandrina Council promoting everything great about its region – its people, places and events; the primary purpose of this publication. We sincerely thank the Alexandrina Council for its support, and the opportunity to further enhance its strong commitment to tourism. **Our first guide starts P15**

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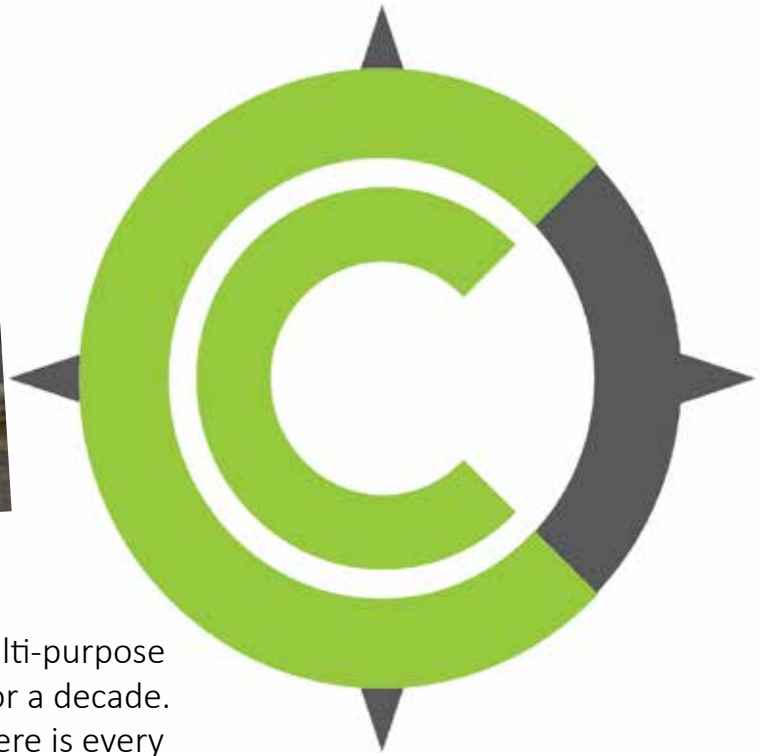
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From this make-do grocery store (above) to a multi-purpose shopping complex that has been in the making for a decade. And then there are the other developments... there is every reason to be excited about Mount Compass...

Changing direction

Mount Compass is on the cusp of one of the biggest transformations of a South Australian town, highlighted by a multi-million-dollar shopping and services centre, which has been planned and discussed for more than a decade.

To be known as Compass Central, the complex has been designed to include a new IGA store with over 400 m² of retail shopping area, a post office, a tenancy which is still available and a medical centre and pharmacy.

This is in addition to other developments that will turn Mount Compass into a destination rather than simply a 'drive-through' town. These include:

- An imminent sale of the Fleurieu golf course that will see a new entrance off the main road creating better awareness and reducing traffic through the housing estate

Continued P4

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From P3

- Development of wetlands over the past 18 months situated behind Compass Central incorporating the superb Adelaide Hills and Fleurieu Peninsula Sculpture Trail. The trail is followed by tourists from interstate and overseas as it links towns and regions through magnificent pieces of art. In this case black granite sculptures
- The development of Fleurieu the Harvest, situated just outside of the town on the main road, operates from a barn-like structure and houses a huge selection of local produce from the region
- An impressive new streetscape on the main street developed by the Alexandrina Council.

A new OTR petrol station development, replacing the existing Liberty complex, is on the drawing board, but it is understood this is on hold while the developer manages the challenge presented by petrol tanks previously buried in council land.

The optimistic picture of these significant changes coincides with the local housing boom – a 40 per cent growth in population over the last five years from 1731 (Census 2011) to more than 3000 this year.

Current Mount Compass IGA owner/manager, Melita Hicks identified the need to expand 10 years ago, but it has taken all this time to fulfil her dream of moving out of a temporary store (in the old RSL Hall) across the road and building a new grocery store in a new complex. It is an incredible story of hope and persistence.

Helping Melita create her vision are property developers Bruce Stanley and Robert Weger, who are directors of and manage Brujoh Pty Ltd. Bruce and Robert, however, were most insistent that this venture was not about them.

"Melita and her husband Bruce contacted us in May last year and asked whether we were interested in becoming involved or taking over their project," Bruce said.

"There are many reasons why the new store had not gone up; it's just gone on and on. It wore them down, but they knew the town



The dilapidated current Post Office

needed it (the IGA store)."

It was not until August last year that Bruce, Robert, Tahny Parker, Bruce Hicks and Melita's daughter, and her partner Dale Stewart were able to discuss the possibilities. With Alexandrina Council staff, and Stephen Rufus from the Mount Compass Medical Centre, Ali Darani (Mount Compass Post Office), Jenny Heath (Mount Compass Pharmacy) and Paul Jelfs (JB Design) they worked collaboratively on the plans and designs for the Compass Central complex. The superb logo for Compass Central, which will be clearly displayed and provide Mount Compass with another landmark, was created by Natasha Adams, of Natasha Adams Design, at McLaren Vale.

Robert and Bruce said: "We cannot help but respect and admire people like Melita and

Bruce (who Bruce met through the Anglican Church) and that is why we became involved. "After considering the plans, location and other buildings within the town we agreed that if Bruce and Melita Hicks, Jed Hicks and the Alexandrina Council were prepared to sell us their three blocks of land on the corner of Nangkita and Adelaide-Victor Harbor roads we would develop a new complex.

"We proposed that this complex contain premises suitable for a new IGA store, post office, medical centre and pharmacy. We shared the Hicks' belief that Mount Compass needed this type of development to underpin its future growth as a town and community." Robert, who is the builder, said previously undetected infrastructure on the property, together with wet weather, had pushed the project back. "I'm hopeful we'll make the time up," he said. "The cooperation between all parties involved has been really good."

The legal process relating to leases for the new tenants is in its final stage, and the business owners, who it is planned will occupy the tenancies, said they were looking forward to being part of Compass Central.

Stephen Rufus described the project as "fantastic for the town", while Jenny Heath said the development had been a long time coming. "I am delighted," she said. "This is really going to be good for the town and get local businesses involved."



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When you've 'just gotta go'...

One cold Sunday morning 10 years ago a gentleman walked into the little veggie shop Melita Hicks ran in the main street of Mount Compass and said he was desperate for some toilet paper.

She gave him some of her personal supply. Crisis avoided. Phew! But the chain of events, so to speak, led to her thinking the town needed a grocery store after the previous one closed down, and the plan to sell groceries in the local petrol station didn't eventuate. The run-down but quaint former RSL hall became her IGA shop.

And with due respect, while the Frewville Foodland near the city was named as the *World's Best Supermarket* in March, this little store – in contrast to a supermarket because the aisles aren't big enough for a trolley – became the lifeline of Mount Compass.

Come November, Melita will lease a new IGA store five times the size across the road, a special place packed with specials across 400sq.m of retail bliss including a super-deli, a huge fruit & veg section and hot chickens. Incredible; hot chickens in Compass, a town that once didn't have a grocery store – even a petrol station for 12 months.

Yet, for all this positive change – and Melita is really excited – she said it will still be run like a little country town store that's always



been a meeting place thriving on friendship. "We have always been very lucky to have the support of this town, and that will never be forgotten," Melita said. "The new supermarket will still be like the town itself – the people make it special.

"A lot like the current store because of its quaintness, and they say they'll miss it. Tourists like it too... we had some people from Italy stay here and they said the highlight of Mount Compass was the IGA.

"The new store is something that has been needed for a long time and we have been trying to do it for 10 years, but every time we tried we hit a brick wall."

Melita will lease the new premises to set up the IGA, and we'll still find her in there when it opens at six and near closing time at eight at night seven days a week. Her personal reward is the comfort she is able to continue to employ 10 part-time staff who give out free smiles.

"I won't know myself with all that room in the new store," Melita said. "Yes, it will

bring its new challenges, but I get incredible support from my family; they have never really been involved in the business but they have always been there for me in the background."

Remarkably, Melita, and her husband Bruce, who is principal at Tyndale Christian School, Murray Bridge, have also been there for the family. They have six children including two who were adopted, and have fostered others. Their youngest is Josh, 25, who is currently walking around the coast of Great Britain raising money for childhood cancer in England and Canteen SA back home, and a few weeks ago the tally was 300km and \$3000. Great stuff.

Melita is incredibly proud of Josh, who was inspired by a local mate, as she is of their other children, and her kindness and support for a great town like Mount Compass runs incredibly deep. Just ask that man who walked into her veggie shop 10 years ago. Like the IGA, when you've got to go you've got to go.

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Out of the palm of their hands

Belvidere is nestled between Strathalbyn and Langhorne Creek, a beautiful part of this world, but hardly swarming with homo sapiens. The Soldiers' Memorial Hall hall is much-loved by the few members of the community, the church is no more, years ago its old school fell down and the hotel was razed.

However, in recent months the population has increased mega-fold, especially on a lazy, hazy Sunday because there is now literally an oasis in this little gem where the Cobb & Co. stage coaches first stopped overnight 150 years ago this year.

It's called Oasis Gardens Function Centre, which incorporates a great restaurant, and

incredibly has more than 4000 palm trees on the 18 hectare property with the first planted 25 years ago.

Great foresight? Not really. Back in 1991 co-owner Michael Steinert had this amazing fixation to live in Queensland, but couldn't because of various reasons so he brought Queensland to him in the form of their palm



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trees. Thank goodness he left the cane toads behind.

With so many palm trees, including one growing through the centre of their house that Michael designed, the oasis theme for a restaurant/function centre was obvious. His wife, Chris, laughs at the fact they have not been to Queensland since their now-grown up three children were toddlers.

“

We started growing a few palms because of the Queensland theme, and before long the centre of the block became our Gilligan's Island.”

– Chris Steinert

As much as there is quirkiness in turning Michael's sunshine dream into a brilliant concept for on the edge of a beautiful wine region, they were destined to go down this hospitality trail.

Upon almost completing his apprenticeship as a baker at Mannum, Michael and Chris married in 1979 both aged just 19, and launched Steinert's Bakery in the main street of Strathalbyn, now known as Pestka's Bakery.

“I was a nurse, but I still had to decorate cakes and buns in the shop,” Chris said. “We thoroughly enjoyed it.

“Unfortunately, Michael developed bad asthma because of flour on the lungs. They were the days before people thought of occupational healthy and safety and wearing a mask. It was time to get out after 12 years of baking, including eight years on our own. Michael is fine now.

“We bought the block at Belvidere, almost five kilometres from where I grew up at Angas Plains, and we were lucky that we shared this vision, and loved working so much in the garden.

“We started growing a few palms because of the Queensland theme, and before long



the centre of the block became our Gilligan's Island. I often joke that our three children grew up at the end of a shovel until they were 16 and could drive away... they helped so much.”

And while it became palm Sunday to Saturday for the family, their daughter Tara made their lunches from the age of nine. That passion to work in the family kitchen led to her becoming a qualified chef at 19 – the same age as her dad took on the bakery – and she worked in restaurants and hotels before landing a brilliant job as a chef at the Naval Military and Air Force Club – silver service and all – in the heart of Adelaide.

Today, Tara is working in the kitchen back home again for her incredibly proud mum and dad as the head chef at the Oasis Gardens Function Centre. “She just has this amazing passion for food, and I am really pleased for her that this opportunity has happened,” Chris said.

“Tara and our other chef Ellie (Bratt), who is also brilliant, are just having a ball out there in the kitchen. It's all about quality to them.”

Despite his baking background, Michael stays out of the kitchen – for now. “It was our love

for gardening that really kept us here rather than going to Queensland, and Michael has done a magnificent job – most of the building work including the concrete curbing on the long driveway (lined with palm trees, of course), the pond area and even on the tractor,” Chris said.

It's busy times here Thursday-Sunday for lunch, on Friday and Saturdays for dinner, and breakfast on the weekends. There are the functions, including weddings, for 80 inside and 120 outside among the palm trees on “Gilligan's Island”.

They say that in the chill of the morn this time of year you can hear the clinking down to the local Memorial Hall as Chris takes out the empty bottles of Langhorne Creek wine. That's in between her other duties as the maintenance and wood person, the kitchen helper, dish washer and officially the function co-ordinator. See, life is not always easy in a Queensland paradise, but hey, here it's beautiful one day and perfect the next. ■

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Don't let them read this...

Please read this story quietly if you have a cat or dog in the house... it's National Desexing Month, and these little cuties pictured above are about to find out. But maybe the look on their faces says they already know...

Meet (from left) Cisco, Marty and Tyler, who are 11-week-old Persian cats owned by Joyce Pappas, an award-winning breeder of Encounter Bay. And please don't tell Mumma cat Fluffykins that Cisco is heading off to Brisbane to his new owner, while Marty is going to Canberra and Tyler to Adelaide.

Such is the life of a pure bred feline from a breeder, and it's a great one because the owners know they are healthy and sane having not come from horrendous litter factories and sold in unscrupulous pet shops. Obviously, Joyce, of Lael Persians, fully supports National Desexing Month, an initiative from the

National Desexing Network, the brainchild of Animal Welfare League Queensland. Now in its twelfth year, it asks veterinarians around the country to sign up on the NDN website and offer discounted cat and dog desexing options within their communities.

Joyce has bred Persians for 10 years and is a member of the Cat Fanciers Society SA, probably named because you've just got to fancy a kitten like one of our fluffy friends pictured.

"It's hard giving them up, but you feel good when you realise they're going to a good home to be spoiled," Joyce said. "Persians are beautiful cats... they have an outstanding personality and they are a pleasure to own."

Joyce and her daughter, Jacqui Lawson, have been breeding Persians for 10 years: visit: ilangpersians.com.au

Some of us lead busy lives or we just don't know how to cook. Some can no longer think what to cook or are just tired of cooking. But according to nutritionist Lelita Baldock, eating healthy food is always an easy – and an affordable – option.

Food for thought

We live in a society where people believe 'vegetarian' is an old Indigenous word for 'bad hunter', and despite watching an absurd number of cooking shows on TV they're consuming record copious amounts of junk food. They blame busy lifestyles and an alarmingly low budget for being unable to buy healthy food for their family, yet it is quicker to whip up a vitamin-enriched soup than saying "size-me-up" at a McDonald's drive-thru that not only serves something that some rate as awful, but is more expensive.

But behold, these souls aren't about to cop the wrath of the bean gods. In fact, Lelita Baldock, who is a nutritionist, understands why some people may not eat healthy food.

Lelita believes some young people have not grown up in an environment of eating healthy, cost-effective meals, or been taught how to put together a healthy meal. "No one is being judgemental here; it is simply part of our life, but it can change," she said.

"There are older people who also don't know what to cook or they have simply grown tired of cooking so easy take-away meals or pre-meals high in sodium become their best option. The problem is learning how to scale it as well; meals that suit for when you are



older and not as hungry."

Ringin' true to Lelita are the words of a doctor who told American actor/director Orson Welles: *"Stop throwing intimate dinners for four unless there are three other people."*

"Generally, most of us eat too much," Lelita said. "People have a misconstrued vision of how much food they actually need, and a lot of it makes us hungrier... the insulin in

the white flour products or sugar makes us want to reach for more. You end up eating calories and your body tries to compensate for those missing nutrients.

"We want to eat more in winter to give us more insulation so we crave for richer foods. We want the curries, the roast potatoes and those richer kinds of things, and if we are not watching how much of them we eat we can put on weight.

"In summer, when it is warm, we are more likely to reach for fruit or salad which are harder to over-eat."

Lelita, of Goolwa South, is the creator of the Easy Sunday Diet program, and does one-on-one consults. She also prepares meal concepts, and presents an online plan which deals specifically with healthy eating and maintaining healthy weight for people over a 13-week period. And, for the record, she is an omnivore.

Upon the request of a friend, Lelita created a healthy food program for a family of four on a budget of \$90 per fortnight. Australian Healthy Eating Standards needed to be met by covering the key essentials – two serves of fruit and five serves of vegetables daily, plus enough iron, calcium, Omega3, whole grains/fibre, and protein. She finished 48 cents over budget, but we won't be too harsh.

Continued P10

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From P9

Lelita's fortnightly menu is on the next page, and the recipes may be found at <https://www.easysundaydiet.com.au/blog/healthy-eating-90-fortnight>

"The biggest issue facing the average household is food variety, but I can understand the reasons," Lelita said. "There are budget issues feeding two adults and two or three children so you tend to reach for the bulk or plainer foods and not have that access to a variety of different colours of vegetables and fruits.

"No one should feel inadequate about making something simple from the leftovers because a lot of people have never been made to feel confident in the kitchen or had all this explained to them."

"People are time poor so they go for the convenient options; it's understandable, but it is something that we can work around.

"As a result of this trend we have a lot of energy but not the nutrients. The budget factor leads to buying quick noodles because people feel they don't have the money to make choices, and that comes down to food education; they go for what they know.

"It seems an easier option than making a soup for example, but actually it doesn't take much time to make a soup – you just need to know what you are doing or having the confidence to give it a go.

"We can walk into Foodland and whole cauliflowers are on special for a \$1.20, and fantastic we say, but what do we do with cauliflower? Some may think microwave it and have it as a side vegetable, but that's a lot left over.

"You need to be confident to put the remaining cauliflower in a stir fry or make a cauliflower soup or cauliflower rice, and all of a sudden that \$1.20 has gone a long way.

"No one should feel inadequate about making something simple from the leftovers because a lot of people have never been made to feel confident in the kitchen or had all this explained to them."

Lelita, and husband Ryan, who created Mesuva, a brilliant website design and development business, both work at home, and without trying found themselves both eating less meat because they enjoyed the other options available so much.

"I used to be schoolteacher, and personally I feel that a lot of what we are learning when it comes to nutrition does come from

the home," Lelita said. "It is what you are exposed to as a child, but I feel schools can play a bigger role.

"Healthy eating is not something that all parents know about so schools are a good catch for that because they can impart to children to get across to society.

"They do healthy eating programs at Goolwa Primary, and no doubt at other schools where they make a focus for children on what makes a healthy meal, but ultimately our biggest influence is what we grow up with at home and repeat that naturally.

"Australia has an incredible amount of cooking shows and there are far more recipe books than ever, but research suggests people are buying takeaway food at a greater rate. The thing is, those TV shows don't always make cooking look like fun; there is the time pressure, people get judged and play on the contestants' emotions and they fail. It's entertaining, but it brings that fear to cooking, and the average person may feel inadequate because they think, hey, that person is a better cook than me and they don't know how to cook something.

"There have also been some excellent cooking shows, like a few years ago when Jamie Oliver was working with disadvantaged communities in England. He was specifically helping them by teaching five people who then had to go off and teach another five and so on. How positive is that; exploring being

"With your fruit and veg, you want to buy whatever is in season, particularly fruit. Fresh fruit is cheaper than the canned variety, and at the moment you can get apples and oranges quite cheaply; buy them in bulk to give you two serves a day."

in the average kitchen and showing how to make a bulk bolognese at an affordable price? As a community we need to engage more people in something like this."

Lelita praised the program at the Goolwa Children's Centre, which is supported by a local Cittaslow program that delivers fresh fruit for the children through sponsorship by the Goolwa & District Community Bendigo Bank, and another fabulous concept developed by the Alexandrina Council through its OPAL program.

This program involves parents coming in and being presented with some healthy lunch box and dinner ideas. They also receive recipes and get to have a go at cooking the recipe there and take it home for the family meal.

"There is nothing wrong with buying day-by-day – we can lead busy lives – but what does help is having a set in your mind of the meals that you like and knowing how you can ultimately make them healthy."

"It becomes a fun, social inter-action as well," Lelita said. "We are social creatures, and if we support each other we are more likely to achieve; these are fantastic programs, and a way for society to move forward.

"There are more dads now taking their turn to cook the family meal, and that's a great thing for the children to observe."

Obviously, being a nutritionist Lelita whips-up some fabulous healthy meals, and she and Ryan have their favourites that also just happen to fit into any budget.

"Personally, I like a pasta beef and lentils dish (recipe on page 12)," Lelita said. "It's affordable and even cheap pasta is high in protein so you are getting that nutrition.

"Your iron is your red meats and things like that, but again, they can be quite expensive. What I find works quite well is to halve the amounts of, say beef mince, and add a can of lentils with it because lentils are high in iron and protein. You are making that meal go further – two dishes per week – and you are still getting your iron and protein.

"I used to be one of these people who always thought on the day what to have for tea, especially when I was a teacher, but now I plan the week before. I think about what I would feel like having this week... a fish serve one night for my Omega 3s, a couple of things with red meat or lentils for my iron, and everything else is about my white fish, chicken or beans and I plan that out and buy it all that way.

"There is nothing wrong with buying day-by-day – we can lead busy lives – but what does help is having a set in your mind of the meals that you like and knowing how you can ultimately make them healthy." When asked whether there was one piece of advice for the average home cook, Lelita said not to be overawed by the television shows. "You don't need to be a MasterChef cook," she said. "Don't judge yourself or feel inadequate; just cook something simple that's healthy.

"There is nothing wrong with not cooking a perfect meal; you will do better the next time and everything will be fine. Believe that no one is too young or too old to learn how to cook."

Good hunting also helps.

The \$90.48 fortnightly meals



Week 1: Bulk shop

Fresh Fruit

1kg 'odd bunch' apples	\$2.45
3kg navel oranges (in season)	\$4.00
4 bananas:	\$1.50

Fresh Vegetables

1kg 'odd bunch' carrots	\$1.48
1/2 butternut pumpkin	\$1.48
1 garlic	\$1.54
1 kg onion	\$1.60
1 broccoli	\$0.65
1 lettuce	\$2.00
1 cucumber	\$0.94
2kg potatoes	\$3.00

Meat/ Poultry/ Dairy

500g beef mince	\$4.81
500g chicken cutlets	\$5.26
2 lt milk (full cream for children)	\$2.00
1 kg natural yogurt	\$4.59
1 kg Home brand cheese	\$6.00
250g Home brand butter	\$1.39

Pantry

2x wholemeal bread	\$3.00
2x dried chickpeas	\$3.96
Dried lentils	\$2.25
1 can tomatoes	\$0.69
2x 185g home brand tuna	\$3.00
1x home brand sardines	\$1.58
Stock cubes	\$0.70
1 Home brand spaghetti pasta	\$0.65

1kg brown rice	\$2.99
2 x750g oats	\$2.38
Peanut butter	\$2.39
Home brand salt	\$1.10
Home brand canola oil	\$2.25
Popping corn	\$1.95

Frozen

1 kg peas	\$1.99
250g Spinach	\$0.99
1kg Home brand mixed veg	\$1.60

TOTAL: \$78.16

Fresh Vegetables

1 broccoli	\$0.65
1 Lettuce	\$2.00
1 cucumber	\$0.94

Meat/ Poultry/ Dairy

2 lt milk (full cream for children)	\$2.00
-------------------------------------	--------

Pantry

Home brand penne pasta	\$0.65
1x Home brand sardines	\$1.58
2x wholemeal bread	\$3.00

TOTAL: \$12.32

Week 2: Top-up shop

Fresh Fruit

1kg 'odd bunch' apples	\$2.45
4 bananas	\$1.50

WEEK 1	Breakfast	Lunch	Dinner	Snacks
Monday	Oats, milk, apple	Mashed chickpea sandwich with grated carrot, lettuce, cucumber	Lentil, carrot & pea shepherds pie with mashed potato	Orange Cheese on toast
Tuesday	Oats, milk, apple	Cheese sandwich with lettuce, cucumber	Baked potato filled with tuna, carrot, pea, cheese	Orange, popped corn, glass of milk
Wednesday	Peanut butter toast, apple	Cheese sandwich with lettuce, cucumber	Chickpea & pumpkin patties with mixed veg & rice	Orange, popped corn
Thursday	Oats, milk, apple	Mashed chickpea sandwich with grated carrot, lettuce, cucumber	Chicken & rice with carrot &	Oven baked orange drizzled with yoghurt
Friday	Banana, oats smoothies	Cheese sandwich with lettuce, cucumber	Pumpkin, chickpea soup with	Orange, popped corn
Saturday	Oats, milk, apple	Peanut butter sandwich with grated carrot, lettuce,	Beef & lentil pasta, onion, carrot, canned tomato, grated	Apple spread with peanut
Sunday	Peanut butter toast	Sardine/ yoghurt mash on toast with lettuce	Chickpea, pumpkin, pea risotto	Orange, popped corn

WEEK 2	Breakfast	Lunch	Dinner	Snacks
Monday	Oats, milk, apple	Mashed chickpea sandwich with grated carrot, lettuce, cucumber	Beef and potato patties with yoghurt dipping sauce, with mixed veg	Orange Peanut butter on toast Glass of milk
Tuesday	Milk, oat, banana smoothie	Cheese sandwich with lettuce, cucumber	Lentil, and pea baked potato with cheese	Orange Popped corn
Wednesday	Oats, milk, apple	Mashed chickpea sandwich with grated carrot, lettuce, cucumber	Tuna, carrot, pea pasta, topped with oil	Orange Peanut butter on toast Glass of milk
Thursday	Milk, oat, banana smoothie	Cheese sandwich with lettuce, cucumber	Lentil soup with carrot, spinach potato	Apple Popped corn
Friday	Oats, milk, apple	Mashed chickpea sandwich with grated carrot, lettuce, cucumber	Chicken with carrot and spinach on rice	Baked apple drizzled with yogurt Cheese on toast
Saturday	Oats, milk, apple	Peanut butter sandwich with grated carrot, lettuce, cucumber	Broccoli and potato soup	Apple spread with peanut butter
Sunday	Peanut butter toast	Sardine/ yoghurt mash on toast with lettuce	Chickpea, pea and spinach risotto	Orange Cheese on toast

Presenting two healthy and delicious recipes from nutritionist Lelita Baldock of Goolwa South.

Visit: easysundaydiet.com.au

Lentil & beef pasta

Quick and easy, warm and satisfying... high in protein, fibre, B-group vitamins and iron.

Serves: 4. Preparation time: 15 mins.

Ingredients

1 carrot, chopped
1 onion, chopped
1 clove garlic, chopped
1 can diced tomatoes
1 can lentils (drained and rinsed), or 1 cup soaked and cooked
250 grams beef mince
1 cup broccoli to serve
½ stock cube dissolved in 1 cup warm water
250 grams dried pasta of your choice (spaghetti, penne, spirals)

Method

Place pasta in a stove top pan and cover with boiling water (boil kettle for speed). Boil until pasta is cooked (about 10 mins).

While pasta is cooking, heat small amount of oil in fry pan. Fry onion, garlic and carrot until fragrant. Add beef and cook until browned.

Add lentils, canned tomato and stock water. Cook on a medium heat until all vegetables are soft and mixture is hot.

Place chopped broccoli florets into a microwave safe bowl and microwave for 2 mins. Drain pasta and serve into bowls. Top pasta with sauce and add broccoli. Serve warm.



Grated carrot & hummus wrap

Light, full of fibre and healthy vegetables.

These quick and easy wraps make a great lunch any day. High in fibre and protein, low in salt/sugar.

Ingredients

Whole grain wraps (1-2)
1 grated carrot
1 sliced tomato
6 slices of cucumber
1 tablespoon of hummus dip (store bought or home made mashed chickpeas)
A few sprigs of coriander (optional)



Method

Heat wraps in the microwave for 30 seconds (or as per pack instructions).

Spread with hummus and layer vegetables over the top. Add salt and pepper to taste. Wrap and enjoy.



Flying Fish

*Flying Fish lunch Weekday meal deals
Restaurant lunch only; noon-2pm Mon-Fri
2 courses \$19.50*

Choice of:

*Coopers Sparkling Ale Battered Garfish, chips & salad
Salt & Pepper Squid, chips & salad
Chicken & bacon Broccolini Fettuccine, champagne cream sauce (pasta menu changes monthly)*

*PLUS dessert... Vanilla bean Panacotta with berry coulis
(not available public holidays)*

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www.flyingfishcafe.com.au

Eat Wave with Jenny

Ingredients

200g chopped, dried apricots
1½ cups water
2 cups self-raising flour
½ teaspoon bicarbonate of soda
¼ cup caster sugar
1 tablespoon grated orange rind
100g chopped walnuts
½ cup freshly squeezed orange juice
1 egg
60 g butter, melted

Method

Pre-heat oven to 160°C. Line a medium loaf tin (approx. 23cm x 13cm) with baking paper. Place chopped apricots and water in a saucepan, and bring to boil over medium heat. Reduce heat and simmer, covered for about 5 minutes or until tender. Remove from heat. Reserve half

a cup of the liquid, and drain off the rest. Set apricots aside to cool.

Sift flour, bicarb soda and sugar into a bowl. Add orange rind, walnuts and apricots and stir to combine. In another bowl whisk together orange juice, egg, melted butter and reserved apricot liquid. Pour this into the dry ingredients, and stir to combine. Spoon into the prepared loaf tin. Bake at 160°C for 50 minutes, or until golden on top and an inserted skewer comes out clean. Remove from oven and leave in tin for 5 minutes, before turning out onto a wire rack. Can be eaten warm or cold. Can be a bit crumbly when eaten warm, but it still tastes good!



Orange, Apricot & Walnut Loaf

Sweet Potato Curry Puffs



Ingredients

1 tablespoon peanut oil
1 medium onion, chopped
1 tablespoon Thai green curry paste
600g sweet potato, peeled and finely diced
¾ cup coconut cream
½ cup frozen peas, thawed
2 tablespoons chopped coriander
puff pastry sheets
1 egg - for glazing
natural yoghurt and finely chopped fresh mint for serving

Method

Pre-heat oven to 180°C. Line a baking tray with baking paper. In a large saucepan or frypan heat peanut oil on medium heat. Add chopped onion and Thai green curry paste and stir over heat for 1 minute. Add sweet potato and coconut cream. Stir to combine, then simmer, covered, for 10 minutes, stirring occasionally.

Remove from heat. Stir through peas and coriander, and set aside to cool. Cut puff pastry into 13cm diameter rounds. Place teaspoonfuls of the mixture in the middle of each round, Roll the pastry over the top of the filling, and seal around the edge. Brush with beaten egg, place on prepared tray and bake at 180°C for 20 minutes, or until puffed and golden. Serve with yoghurt blended with finely chopped fresh mint. Makes approx. 12.

Note: A smaller round size can be used. 10cm rounds make curry puffs ideal for serving as 'finger food'. A special thank you to Gael for this delicious recipe.

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Messy Tessy and her waste message

Fleurieu Regional Waste Authority education project officer Tess Sapia – aka ‘Messy Tessy’ – takes waste reduction and recycling seriously, but turns it into a fun and empowering hands-on learning experience for young students across the Fleurieu Peninsula.

Messy Tessy visits classrooms in the Fleurieu region introducing the 3Rs – Reduce, Re-use and Recycle concepts through an interactive garbage game, which starts with an upbeat song and dance about reducing, reusing and caring for the earth.

Children play the garbage game where they have the opportunity to select an item from a crate of mixed (clean) waste, recycling and organics and place it into mini-bins – child-sized 60 litre wheelie bins that match the local bin colours.

Before putting their item into the bin of their choice each student tells their class what it is, what it is made of and if they are able, which raw material the item is made from. For example, a cardboard box is made of paper and paper comes from trees. If a student does not know, they simply have the opportunity to think and learn through exploring the object using their senses: touch, smell, sight and sound.

The session also covers with language and pictures, where our waste goes once the waste collection truck picks it up from the



Tess Sapia – aka ‘Messy Tessy’ – pictured left with Middleton resident Georgie Shearer and two of her three children, Lachlan and Grace, who are growing up learning how we should all think about waste reduction. *Image: Victor Harbor Times*

kerb. For example, the recycling goes to a materials recovery facility, a large shed where the plastics, glass, paper, metal and cardboard get sorted employing people and machines. Also described is what happens to the kerbside collection of green organics which is composted at the Fleurieu Regional Waste Authority's (FRWA) waste & recycling depots and finally general waste, which ends up at the landfill, dump or tip.

Messy Tessy conveys landfill is the end of the line for materials, and once an item goes into the blue-lidded waste bin that is the end; it is not used again. In order to be good earth stewards, only general waste, which cannot be recycled, goes in the blue-lidded bin. The take home message being that sorting your rubbish and using the bins correctly is one key to sending less waste to landfill and

recovering more resources.

Messy Tessy is a goofy, colourful character developed by Tess with the intent to capture children's imagination and to empower them to realise that they can make a difference with the planet through their actions.

There is the belief that children have an innate sense of caring for the earth and that the time to feed and nurture this is while they are young.

Tess is an environmental scientist with a focus on waste management and sustainability. She has been a passionate garbologist for 30 years and has worked for local government in SA and in her own practice ‘garbology’ providing waste management education for the NRM and McLaren Vale Sustainable Winegrowing Program as well as participating in waste audits for KESAB and the City of Onkaparinga.

If you would like Messy Tessy to visit your school or kindergarten please email: admin@frwa.com.au or call 8555 7405.



FLEURIEU REGIONAL
WASTE AUTHORITY

FORTNIGHTLY KERBSIDE WASTE COLLECTION from 1 July 2016



AVOID – REDUCE – RE-USE- RECYCLE- AVOID – REDUCE- REPAIR-RE-USE- RECYCLE- AVOID - REUSE

To support the transition to the new fortnightly kerbside waste collection service, Alexandrina Council is providing residents with

- **50% subsidy** on the purchase of any replacement general, recycle and green waste bin
- **50% subsidy** on the purchase of worm farms, compost bins and kitchen caddies and rolls of compostable liner bags
- **weekly** collection of general waste over the **peak summer holiday** period 3rd week in December to end of January

Households with more than 5 people normally in residence, children in nappies or those with special medical waste may apply for an additional 140litre general waste bin and collection service (2016-2017) **free of charge**.

AVOID – REDUCE – RE-USE- RECYCLE- AVOID – REDUCE- REPAIR-RE-USE- RECYCLE- AVOID - REUSE

Contact the Fleurieu Regional Waste Authority for Seasonal Bin and Annual Additional bin collection services for small businesses (including holiday rentals)- fees apply.

Website: www.frwa.com.au **Email:** admin@frwa.com.au **Phone:** 8555 7405





CONNECTING COMMUNITIES

Alexandrina Council



*Strathalbyn Skate Park
Na-Trix event*

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1 Colman Terrace, Strathalbyn

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and Saturday 9am to 12 noon



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www.alexandrina.sa.gov.au
www.visitalexandrina.sa.gov.au



08 8555 7000



alex@alexandrina.sa.gov.au



facebook.com/AlexandrinaCouncil



Photography by Richard Hodges

Community Grants Program 2016/2017

A Community Development Grant and Community Environment Grant are two new grants being offered as part of Council's Community Grants Program 2016/2017.

Council's Community Development Grant will provide funding for applicants that demonstrate consistency with Alexandrina Council's Community Strategic Plan 2014-2023. Applicants will design, develop and implement programs and projects that enhance the wellbeing of residents of Alexandrina Council - now and into the future. Community organisations, groups and individuals can apply for small scale initiative grants with funds available up to \$3,000 per project or program.

In line with Council's Environmental Action plan 2014-2018 and the Community Strategic plan 2014-2023, a Community Environment Grant program has been established. This allows community groups the opportunity to apply for up to \$5,000 to support them in undertaking environmental works. The program focusses on enhancing biodiversity outcomes, prioritising remnant vegetation and interpretative signage.

Applications will only be accepted online and will be open from 11 July 2016 until 22 August 2016. Further information is available at the Grants and Donations page on our website at

www.alexandrina.sa.gov.au/grants

Come and join us to celebrate NAIDOC Week 2016!

NAIDOC Week 2016, from 3-10 July, is an opportunity for all Australians to come together to celebrate the history, culture and achievements of Aboriginal and Torres Strait people.

Events will be held on 7 July from 11am at the Strathalbyn Show Hall and on 10 July from 11am at Signal Point, Goolwa. These free events feature weaving workshops, exhibitions, film, music and storytelling. For more information visit

www.alexandrina.sa.gov.au/NAIDOC

Fortnightly Kerbside Collection Commences



Fortnightly collection of domestic waste, green organics and recyclables commences 1 July 2016. New collection schedules are available at Council offices and can be viewed online, visit www.frwa.com.au. Council has made this change to reduce the amount of waste that goes to landfill and to increase the rate of recycling and resource recovery. The sorting of your waste into the correct bin is the key to make the most of this new service, which offers additional bin volume for recyclables and green waste. For further information please contact FRWA 8555 7405 or visit FAQs on FRWA's website at **www.frwa.com.au**

Consultation opens for the Climate Change Adaptation Plan

Resilient Hills and Coasts is a collaborative project formed to develop a Climate Change Adaptation Plan for the Adelaide Hills, Fleurieu Peninsula and Kangaroo Island. Its primary aim is to strengthen the resilience of our region to respond and adapt to our changing climate.

During community consultation, the draft Adaptation Plan will be available on Council's website or view a hard copy at the main office of one of the six councils partnering in the project (below). Consultation will be open in July, visit Council's website for more information.

www.alexandrina.sa.gov.au/resilienthillscoasts



DISASTER
RESILIENT
AUSTRALIA



Goolwa Terrace Project Update

Goolwa residents and visitors should be seeing some significant changes at Goolwa Terrace and BF Laurie Lane as part of the Revitalisation Project that started earlier this year.

The \$1.15million project, which received \$557,125 in State Government funding, includes the upgrade of two key tourist areas and provides a gateway to the Historic Goolwa Wharf Precinct.

The project involves the upgrade of the Goolwa Terrace/ Cadell Street intersection to provide an alfresco dining area and community meeting space, and will include the removal of a slipway fronting the existing shops. Part two of the project involves the upgrade of BF Laurie Lane to provide an inviting entrance to the Signal Point complex, historic buildings and Goolwa Wharf Precinct by constructing a vibrant pedestrian avenue linking to the alfresco dining area and community plazas created at the Goolwa Terrace/ Cadell Street intersection. For more information please visit www.alexandrina.sa.gov.au/goolwatce

An artist's impression of Goolwa Terrace Alfresco dining area, with free wi-fi.



Events

Malpa Wiru - Good Friends

5 June to 10 July 2016

Location: Signal Point Gallery, Goolwa
This stunning exhibition is especially programmed for NAIDOC celebrations and will bring together art and culture from remote Aboriginal people to local suburban artists.

Enquiries: 8555 7289

www.visitalexandrina.com

Dire - art and science on land rivers sea

23 June to 24 July 2016

Location: South Coast Regional Art Centre, Goolwa

An exhibition inviting artists to interpret both the threats to and the beauty of the South Australian gulfs.

Enquiries: 8558 3371

www.visitalexandrina.com

Strathalbyn NAIDOC Week Celebrations

Strathalbyn: 7 July, 11am to 2pm

Location: Strathalbyn Show Hall

Family friendly event, light lunch, weaving workshop, storytelling in Kondoli, bush plants and food, music, craft activities, Yulunga - Traditional Indigenous Games, Black Screen movie screening and photographic exhibition, 'Our Living Trees, River Red Gums - a 70yr observation.

Enquiries: 8555 7000

www.alexandrina.sa.gov.au

Goolwa NAIDOC Week Celebrations

Goolwa: 10 July, 11am to 2pm

Location: Signal Point Gallery, Goolwa

Family friendly event, light lunch, weaving workshop, storytelling in Kondoli, music, craft activities, Yulunga - Traditional Indigenous Games, Black Screen movie screening, bush plant display and Ngarrindjeri Language Group book launch.

Enquiries: 8555 7000

www.alexandrina.sa.gov.au

The Normie Rowe Show

Saturday, 9 July 2016, 7.30pm

Location: Centenary Hall, Goolwa
Come and see Normie Rowe 'Live in Concert', one of Australia's most recognised and successful singers.

Bookings: 1300 466 592

www.visitalexandrina.com

Cirkidz - School Holiday Workshop

11-14 July, various session times

Location: Centenary Hall, Goolwa
Cirkidz returns to Goolwa in the July school holidays.

Bookings: 1300 466 592

www.visitalexandrina.com

We, The Unseen

Friday, 15 July, 7.30pm

Location: Centenary Hall, Goolwa
Cirkidz performance & SA Circus Centre.

Bookings: 1300 466 592

www.visitalexandrina.com

www.cirkidz.org.au

Dridan - A life in landscape

16 July to 28 August 2016

15 July Artist's Floor Talk at 2pm

Location: Signal Point Gallery, Goolwa
David Dridan OAM exhibition.

Enquiries: 8555 7289

www.visitalexandrina.com

Naturally

16 July to 28 August 2016

17 July Artist's Floor Talk at 2pm

Location: Signal Point Gallery, Goolwa
An exhibition by David Hamilton.

Enquiries: 8555 7289

www.visitalexandrina.com

The Sponge Kids Arts Hub

20-22 July 2016, various session times

Location: Signal Point Gallery, Goolwa
Make your own sculpture from copper foil to take home.

Enquiries: 8555 7289

www.visitalexandrina.com

Killing Birds (and other beautiful visions)

30 July to 28 August 2016

29 July Artist's Floor Talk at 5.30pm

Location: South Coast Regional Art Centre, Goolwa

An array of small works exploring the aesthetics of death, decay and intrusion.

Enquiries: 8555 7289

www.visitalexandrina.com

What a Wonderful World - Goolwa Concert Band Annual Concert

Sunday, 31 July 2016, 2pm

Location: Centenary Hall, Goolwa

Bookings: 1300 466 592

www.visitalexandrina.com



Lucy Treloar - Salt Creek

Author Lucy Treloar will be visiting the Goolwa Library on Thursday 28 July at 7pm to speak about her highly acclaimed first novel Salt Creek. Set in the hauntingly beautiful yet inhospitable Coorong region in 1855, Salt Creek has been heralded as an "unflinching and fascinating account of one man's folly and the implications of settlement".

Salt Creek has won the Indie Book Awards Best Debut 2016 and has been shortlisted for the UK's prestigious Walter Scott Prize for Historical Fiction. Don't miss this unique opportunity to meet the author in person and obtain a signed copy of the book.

"This fine, accomplished novel is a respectful and unobtrusively beautiful homage to the Ngarrindjeri people," Sydney Morning Herald.

Where Goolwa Library, 11 Cadell Street Goolwa

When Thursday 28 July, 7.00 - 8.30 pm

Bookings FREE bookings essential 8555 7000

or www.alexandrina.sa.gov.au/libraries

Books will be available for sale on the night courtesy of South Seas Books.

Life Writing Workshop

6 August 2016

Location: Strathalbyn Community Centre

A full day workshop for those who are dying to tell their life story with Dr Lindy Warrell. Please bring pens, A4 loose-leaf notebook and a light lunch.

Enquiries: 8555 7000

www.alexandrina.sa.gov.au

The Red Cross Letters

Thursday, 11 August 2016, 7.30pm

Location: Centenary Hall, Goolwa

A profoundly moving insight into the human cost of the Great War for those who waited at home.

Bookings: 1300 466 592

www.visitalexandrina.com

Strathalbyn Antique Fair

Saturday 20 August, 10am-5pm

Sunday 21 August, 10am-4pm

Location: Various halls in Strathalbyn

Annual antique and collectables fair. Free shuttle bus to all venues included with admission fee.

Children under 18 free.

Bookings: 0427 674 620

<http://www.slta.asn.au>

Keep up to date with upcoming and new Council events by visiting Council's website or via the tourism website:

www.alexandrina.sa.gov.au

www.visitalexandrina.com

Until July 10

Malpu Wiru Good Friends, a stunning exhibition at Singnal Ploient 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 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.

Wednesday, July 20

The Zest Theatre Group has produced some fabulous plays, and here's it's next one – the classic *Westside Story*. Zest is now calling for anyone who wishes to be involved in this production next January and February – either on or off stage –



to come along to an information night at the Investigator College Performing Arts and Sports Centre, Victor Harbor campus on Wednesday, July 20 at 7pm.

Westside Story is Shakespeare's Romeo & Juliet transported to the streets of New York City in the 1950s. The story presents two young lovers who find themselves caught between warring street gangs – the American "Jets" and the Puerto Rican "Sharks".

The information night will be an opportunity to find out what commitment is required of those who wish to be involved, and a chance to meet the production team including directors Terry Mountstephen and Peta Bowey, choreographer Sally Grooby, and musical director Daniel Maley. For those wishing to audition

Go. See.

Presented by Goolwa & District Community Bendigo Bank

Just a thought... Women spend more time wondering what men are thinking than men spend thinking.

for a principal role in the show they will be able to register their intention on the night. More information: contact Terry Mountstephen on 0412482350 or email traemersa@internode.on.net

Saturday, July 23

The wonderful organisation Oxfam is having a quiz night at Carrickalinga House, Torrens St, Victor Harbor at 7-for-7.30pm with funds raised all going to supporting Oxfam Australia projects. Cost is just \$10 per person; BYO nibbles and drinks. Contact Mel on 0418 488 981 or Heather on 8552 3280. The quiz nights are always a great night of fun.

Tuesday, August 2

A delightful Japanese reconnection with Victor Harbor

will take place when Nori Kamiya, who 16 years ago assisted with a cultural and Japanese language program at Glendale (now Investigator College), will return with her daughter, Yuko, who is studying the flute, her flute teacher Mario Mesany, and her husband Martin Krehnac, a classic guitar teacher, to perform a concert at the Newland Hall at 7.30pm. It will be excellent entertainment, but for the many who were associated with Nori and the Japanese program many years ago it will be extra special. Tickets may be purchased at Butler & Butler, Coral St, Victor Harbor, with all proceeds supporting the Fleurieu Community Foundation.



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If you have a lawn, this is the time to do some aerating to allow moisture into the soil so you may rejuvenate the lawn in spring. Most of us don't have a big machine like the golf course groundsmen, so use a garden fork.

Top dress with a fine layer of coarse sand or loam. As spring starts to arrive, give it a good dose of fertiliser. The best time is just before it rains. If you notice the water has turned into a puddle it means the water is not soaking in even after aeration so you need to apply a hose-on soil wetting agent.

Now let's go into the veggie garden... provided your soil is not sodden, winter is a great time to dig a new veggie patch. It's easy to pull out the weeds and get it back into shape.

There is still plenty of time to grow some tasty fresh vegetables in your garden... think about planting snow peas, English spinach or some mini veggies, such as small-headed cabbage or cut-and-come-again lettuce.

And if you aren't worn out yet, with the plants usually bare this time of the year remove the dead or crowded growth and remove any invasive climbers. Don't prune late winter or spring-flowering shrubs, but get stuck into roses and grapevines. Not a bad day's work, hey?

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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 - 17, Good - 21, Excellent - 25+

Y	A	C
O	R	U
D	R	T

[illegible]

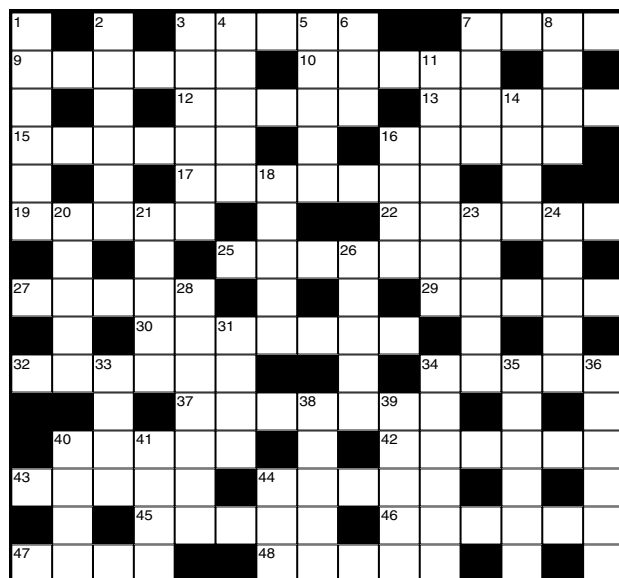
Crossword

Across

3 Charge with debt	46 Exuding abundantly
7 Remedy	47 Insect
9 One in front	48 Rear of a vessel
10 Lowest point	
12 Part of a theatre	
13 Prescribed amounts	Down
15 Made up for	1 Delight
16 Deals with successfully	2 Eastern temple
17 Principal	3 Fault
19 Ordain	4 Wear away
22 Little wave	5 Unsuitable
25 Backslide	6 Sailor (coll)
27 Incendiarism	7 Season's yield
29 Before due time	8 Regrets
30 Arbitrator	11 Worship
32 Expunge	14 Ooze
34 Position	16 Fish
37 Having left a will	18 Female relation
40 Refine metal	20 Courage
42 Civilised	21 Unwelcome task
43 Motif	23 Concretion of nacre
44 Presents	24 Colour
	26 Sports complex

Down

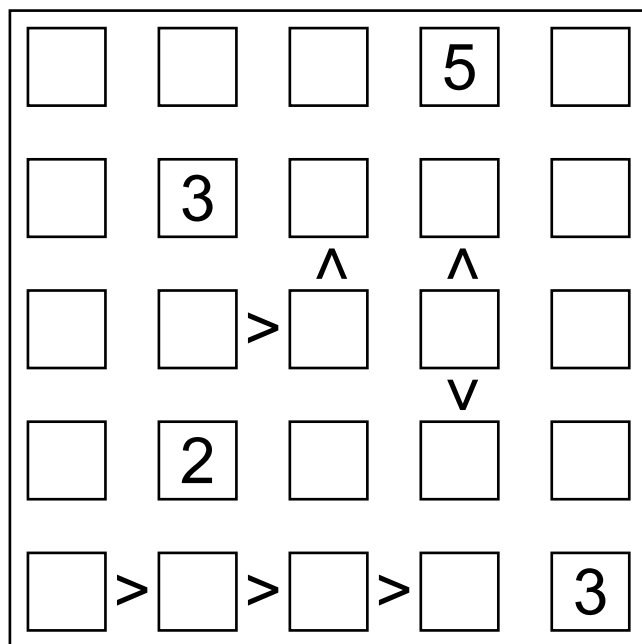
1 Delight
2 Eastern temple
3 Fault
4 Wear away
5 Unsuitable
6 Sailor (coll)
7 Season's yield
8 Regrets
11 Worship
14 Ooze
16 Fish
18 Female relation
20 Courage
21 Unwelcome task
23 Concretion of
nacre
24 Colour
26 Sports complex



28 Stung with annoyance	34 Individual	39 Private teacher
31 Measures of length	35 In leisurely man- ner (mus)	40 Avoid
33 Citrus fruit	36 Come forth	41 Send out
	38 Intertwine	44 Fuel

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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New local sports rewards program



In the same way that parents seek to develop a variety of skills and intelligences in their children, so too does any school that wants to ensure happy, well-adjusted and passionate young people graduating must offer more than simply books and assignments.

Successful contemporary schools are places where students are inspired, challenged and nurtured in their natural gifts, talents and as young people. Most importantly a school should be a place where students are encouraged and guided to find a healthy balance between work, study, home, exercise and social activities and where they begin to understand the role that each of them play within the community. In a successful school these principles and values are evident and indeed flow through to the wider community. Investigator College hold dear its responsibility to take every opportunity to encourage students and families to engage in activities which support health and wellbeing.

Physical education coordinator Nancy Walker, who affirms the College's commitment, said Investigator College prided itself on educating students to develop skills for lifelong learning. "Not all of these skills can be found in the classroom, and this is why we proudly offer several programs which support our students in the wider community," she said. These support programs include the college's internal ambassador program, which has assisted past and present scholars, like current international surfing champion Tayla Hanak and student athletics champion Tyson Young. The ambassadors program gives students access to funding to help with travel and participation costs incurred when participating at national and international levels.

"Our Ambassador Program not only provides financial support, it acknowledges personal excellence in students who are maintaining a balance in their academic pursuits whilst also pursuing their dreams," Nancy said. "It also helps students access opportunities that foster a range of skills and values including commitment, responsibility, leadership and resilience."

Nancy believes it is important for students to participate in a range of different activities. "The key to success is helping and encouraging our students to find that balance in life, which can be hard to achieve," she said. "We have a number of amazing



Investigator College physical education coordinator Nancy Walker with students representing various local sporting groups.

extension programs, which allow students to investigate areas of interest. Many of these programs are delivered in partnership with key members or organisations within the community. It is often here, as individuals tap into areas they are passionate about, that 'sparks' ignite genuine interest. As educators we know that once these sparks are found it is important that they are allowed to grow and develop."

Investigator College is very aware of the important role that local clubs play in providing further opportunities for their students to grow their 'spark', and the pivotal place they hold in providing social, sporting and relaxation activities. In light of this the College has made available to local sports and social clubs a limited number of sponsorship opportunities aimed at supporting junior development, whilst encouraging participants to strive to do their best.

This campaign, The Local Sports Support Program, encompasses a two-tiered approach – a directed donation of \$150 to the club's junior division, which may be used to support development through the provision of supplies and/or professional development for coaches or players, and the provision of an individual award, which can be presented to a selected under-18 participant (under 18) at the end of each season.

Principal of Investigator College Don Grimmett said the best thing about the program was that it not only supported the club, it helped to foster the values taught at the College into the wider community through the individual award.

"The award given to a participant who has inspired others with their attitude and commitment, developed skills and team orientated attributes, embodied the values of a good sports person and performed to the best of their individual abilities – irrespective of their skills in comparison to their peer group," Don said.

"It is something of which we are really proud. The College leadership team and staff make a special effort to attend the club presentation so that we can meet, chat with and present the award to the individual."

Sports and social clubs with a junior division from across the region are encouraged to apply for support through The Local Sports Support Program. More information and application forms may be downloaded from the Investigator College website. www.investigator.sa.edu.au ■



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Short joke

A little old lady walks down Ocean Street dragging two large black plastic garbage bags. One of the bags gets ripped, and about every 10 metres \$20 falls out. The local policeman stops her and says: "Excuse me lady, but there are \$20 notes falling out of the bag."

The old lady goes back, collects them, and walks on.

The policeman says: "Er, before you go, where did you get all that money?"

The old lady says: "My back yard runs on to the 16th fairway at the Victor Harbor Golf Club, and being near the end of the course a lot of players come over to my place and do wee through the hole in my back fence. I grab them with one arm, show the hedge clippers in the other, and demand \$20 for having a pee."

The policeman says: "That's terrible... and what's in the other bag?"

And the old lady says: "Not everyone pays."

Big tip

A bloke's wife hits him across the head. "What was that for?" he asks.

The wife says: "I found a piece of paper in your pocket with *Hot Simone* written on it." The bloke thinks quickly: "Don't be silly, someone wrote that down for me... it's a horse, a big tip at the Flemington races today."

"Sorry for doubting you," the wife says.

A week later she belts him over the head again, this time with a piece of 4 x 2 timber.

"What was that for?" he cries out.

And his wife says: "Your horse rang."

Wheels of fortune

Three blokes are greeted at the Pearly Gates, and one of them says: "What do we do for transport up this place?"

St Peter says: "My son, that depends on how faithful you were to your wife."

The first bloke looks at him right in the eyes: "I was very faithful," he says. He drives off with a Mercedes.

The second bloke also expressed his faithfulness, and gets a Porche. The third bloke is really convincing, and gets the latest model Rolls Royce.

Laugh Lines

The next day the first bloke notices the third sitting in the gutter crying. "What's wrong," he asks. "You got the latest Rolls."

And the third bloke says: "Yeah, but I just saw my wife on roller skates."

The Grim reaper visits

The Grim Reaper, the head bloke at the tax office, is concerned that rich business people are stashing expensive items on Pacific Islands and getting away without paying their GST.

He visits Vanuatu, and hears of this Aussie businessman who has a two-storey holiday grass hut and sits on a gold throne.

Finally, the tax man tracks him down, but the businessman hears him coming so he hides the throne upstairs in the grass hut.

The tax man gets there and thumps the table: "Where is your gold throne? I demand to see it. And why aren't you paying GST?"

He thumps the table again, so hard that the grass hut shakes and the gold throne falls through the ceiling. Incredibly, the gold throne lands on the businessman's head and kills him.

The moral of the story is: People in grass houses shouldn't stow thrones.

Nice drop

Bob, a scruffy old man who liked a drop or two or three, spots in the local paper a job for a wine taster at a nearby winery and decides to apply.

As much as he tries to clean himself up, he still has the look of a tramp about him, but nonetheless walks into the office. The blond receptionist and the manager both have a quiet chuckle, and think this bloke will wander off if he gets a few free glasses of wine.

"Let's humour him," the manager says with a wink to the receptionist, and hands Bob a glass of wine.

Bob holds up the first glass of wine to the light, squints at it through one eye, tries it and says: "It's a Muscat, three years old, grown on a north slope, probably matured in stainless steel containers. It's low grade but acceptable."

"That's correct," the wine merchant says with much amazement. Bob downs the whole glass and gets another one.

"It's a Cabernet, eight years old, grown on a south-western slope, matured at 8 degrees in French and American oak barrels. Requires about three more years in the cellar for finest results."

Again, the merchant is flabbergasted with the correct answer, and once more Bob downs the whole glass.

The receptionist whispers to the manager, and suggests they really test Bob. She leaves the room and comes back with a glass of urine. Bob tries it. "It's a brunette, 26 years old, three months pregnant and if you don't give me the taster's job I'll name the father."

Dad jokes...

How do you make a strawberry shake? Put it in the freezer.

How much does a pirate pay for his earrings? A buccaneer.

When do ducks wake up in the morning? At the quack of dawn.

Why do pandas like old movies? Because they're in black and white.



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Since 2003 when Glenn Manton retired as an AFL player after 21 games with Essendon and 157 with Carlton, including being part of the Blues' last premiership side in 1995, he has inspired many – particularly our youth and those with mental health issues – as an outstanding guest speaker and author. The Goolwa & District Community Bendigo Bank sponsored his visit to the south coast last month and he made a huge impression. Glenn really is...

A true blue healer

Glenn Manton is one of these gifted people filled with incredible life experiences well beyond his 43 years. The wonderful achievements out-number the regrets, he's never been one for not wanting to give something a try – a former AFL footballer who aimed for the Olympics in bobsleighting – and seeks the good side of people.

He is a comedian at heart and can laugh at himself. But this great bloke, one filled with enormous character and compassion, also has a serious side, which emerged early last month during community engagements in Mount Compass, the Goolwa football and netball clubs, Victor Harbor High School, and the Goolwa and Port Elliot surf lifesaving clubs.

Addressing people from vast backgrounds and of all ages, Glenn earned their attention and respect with each session, and it was genuinely a marvellous experience. We heard of his wonderful work with Whitelion, a not-for-profit organisation he co-founded in 1999 assisting youth in crisis within the juvenile justice system, his many amazing life stories and his other great contributions to so many organisations.

Given his background, it was also interesting to hear Glenn's views on how we are travelling as a community in general. "Australia is an interesting society to be part of for whatever reason," he says. "I have my theories that extend to our informative years like Anzac, and how we often like to support the underdogs which is great."

Then came his best delivery: "But people need help ahead of the curve," he said. "They need help when they are on top of the



Pictured at the Port Elliot Surf Lifesaving Club night with Glenn Manton at the back are (from left) club members Cameron Smith, Piper, Georgia and Alexandra, and Goolwa & District Community Bank representatives, chairman Carol Gaston and company secretarey Milli Livingston.

wave too, not just when they are being pummelled or they are under the pump or under-achieving or needing assistance. "It is always good to ask someone how they are going ahead of time... we are good at reacting, but perhaps not so good at being pro-active and that extends to the community.

"If there is a problem within the community we're ready to fix it, but it would be nice to think that we were a little bit more learned and thoughtful to say, hey, what could the future look like; what might we tend?

"As a community we are not so great at that... if we planned more in regard to looking to the future, helped one another and created a better community it would be a better way of living than responding to a crisis all the time."

More than anything, Glenn stressed the need for people to be more open in times of need. "It is okay for someone to ask for help," Glenn said. "This ability in us is shifting in Australian culture, but particularly for an Australian male 10, 15 or 25 years ago you certainly didn't put your hand up and say you were struggling for any reason.

"The rate of suicide through the male populous of this country and in general misgivings of behaviour certainly highlight that we can be much better in that space.

"It does distress me when I hear about men, particularly those older, and farmers if I may generalise as a group, taking their own life because they feel like they've failed that family farm; failed to be that strong man.

"My heart goes out to those men and their families. I would love to think that as we progress as a community the younger generation coming through will say, 'you know what, I need a bit of help here' when they reach a crisis point or better still when they are ahead of it. All of us need help.

"We need these men to be communicating well with other men and women. It is a pivotal part of our community functioning well."

Glenn has been speaking in these environments professionally for 15 years, and has observed changes in the way we are adapting to every-day mental pressures.

"Obviously technology plays a bit role in that; the advent of the mobile phones, the push of social media... these things

affect the way we communicate, work and absorb information," he said. "But I believe more and more people in this day and age are prepared – if you lay the table right – to openly share."

"There is not a stigma attached with failing or suffering or not being on top of life. People are prepared to say, 'right, you're in a bad spot right now for whatever reason – it might be financial, emotional, psychological – so okay, let's help you re-engage and address what these issues are and help you though it'."

"I would just like to see a lot more work done ahead of the curve so a young person not only learns something about math, geography, English or whatever at school, but emotional or psychological well-being... the art of catering to our own down-times as well as being able to ask for help. Let's not be just reactive."

The irony of Glenn's strong belief to prepare for the curve ball in

life, to realise when you are in need of help, and if you have problems talk to someone about them was certainly not missed in the fact his incredibly-rewarding and entertaining deliveries were proudly sponsored by the Goolwa & District Community Bendigo Bank, which shares the bank's tag line: Bigger than a bank.

Our local community bank doesn't just feed profits back into the community, it cares for the people that make up the community. Inviting Glenn here wasn't about trying to 'woo' customers, but helping all members of the community even if they didn't bank with the Bendigo Bank. Having said that, imagine how much the community could be empowered if everyone did support their community bank. It's why it is bigger than a bank. ■

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Independence Day: Resurgence

(M) Action
movie
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Hemsworth,
Joey King,
Mika
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. **Ends July 13**

Finding Dory

(G) Animation
movie
starring Ellen
DeGeneres,
Albert Brooks,
Diane Keaton,
Eugene Levy
and Ty Burrell.
Directed



by Andrew Stanton. "Finding Dory" takes
place about a year after the first film, and
features returning favourites 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. **Ends July 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.

Commenced July 1

Ice Age: Collision Course

(CTC) Animation
movie
starring John
Leguizamo,
Keke Palmer,
Queen Latifah,
Denis Leary and





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Mike and Dave need wedding dates

(CTC) Comedy starring Zac Efron, Adam DeVine, Anna Kendrick and Aubrey Plaza. Hard-partying brothers Mike (Adam Devine) and Dave (Zac Efron) place an online ad to find the perfect dates (Anna Kendrick, Aubrey Plaza) for their sister's Hawaiian wedding. Hoping for a wild getaway, the boys instead find themselves out-partied by the uncontrollable duo. **Commences July 8**

The BFG

(CTC) Family movie starring Mark Rylance, Ruby Barnhill, Martin Freeman, Bill Hader and Jermaine Clement. Directed by Steven Spielberg. The exciting tale of a young London girl and the mysterious Giant who introduces her to the wonders and perils of Giant Country. Based on the beloved novel by Roald Dahl, "The BFG" (Big Friendly Giant) was published in 1982 and has been enchanting readers of all ages ever since. **Commences July 8**



Ghostbusters

(CTC) Comedy starring Kristen Wiig, Melissa McCarthy, Leslie Jones and Chris Hemsworth. Erin Gilbert (Kristen Wiig) and Abby Yates (Melissa McCarthy) are a pair of unheralded authors who write a book positing that ghosts are real. A few years later, Gilbert lands a prestigious teaching position at Columbia University, but her book resurfaces and she is laughed out of academia. When ghosts invade Manhattan, Gilbert reunites with Yates, teaming up with a nuclear engineer, Jillian Holtzmann (Kate McKinnon), and a subway worker, Patty Tolan (Leslie Jones), to save the world from a mysterious evil



and powerful demon known as Rowan (Neil Casey) who can exercise control over human forms. **Commences July 14**



Star Trek Beyond

(CTC) Action movie starring Chris Pine, Zoe Saldana, Idris Elba, Simon Pegg and Sofia Boutella. Directed by Justin Lin. "Star Trek Beyond," the highly anticipated next instalment in the globally popular Star Trek franchise, created by Gene Roddenberry and reintroduced by J.J. Abrams in 2009, returns with director Justin Lin ("The Fast and the Furious" franchise) at the helm of this epic voyage of the U.S.S. Enterprise and her intrepid crew. In "Beyond," the Enterprise crew explores the furthest reaches of uncharted space, where they encounter a mysterious new enemy who puts them and everything the Federation stands for to the test. **Commences July 21**

The Legend of Tarzan

(M) Adventure movie starring Alexander Skarsgård, Margot Robbie, Christoph Waltz and Samuel L. Jackson. Directed by David Yates. It has been years since the man once known as Tarzan (Alexander Skarsgård) left the jungles of Africa behind for a gentrified life as John Clayton III, Lord Greystoke, with his beloved wife, Jane (Margot Robbie) at his side. Now, he has been invited back to the Congo to serve as a trade emissary of Parliament, unaware that he is a pawn in a deadly convergence of greed and revenge, masterminded by the Belgian, Captain Leon Rom (Christoph Waltz). But those behind the murderous plot have no idea what they are about to unleash. **Commences July 21**



Jason Bourne



(CTC) Action movie starring Matt Damon, Alicia Vikander, Julia Stiles and Tommy Lee Jones. Directed by Paul Greengrass. Global superstar Matt Damon returns to his most iconic role as Jason Bourne in the fifth instalment of Universal Pictures' Bourne franchise. Acclaimed director Paul Greengrass (The Bourne Supremacy, The Bourne Ultimatum, Captain Phillips) also returns for this much-anticipated chapter. **Commences July 29**



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The nutty processors

Some may suggest Pauline and Grahame Giles are nuts growing almonds under their banner Strout Farm in a market dominated by the Americans and against a developing industry in the Riverland, but it's what they love doing.

They feel good about maintaining a strong growing presence in Willunga, which was once the biggest almond-growing area in the southern hemisphere, and carrying on the tradition of Pauline's grandfather Richard Strout, who was one of the first in Australia to grow almonds on a commercial scale from 1904, across 80 acres between McLaren Vale and Willunga.

In fact, Richard was basically ordered not to answer a Call to Arms during World War I so he could stay at home and hand-harvest his almonds to be included in the rations for our gallant troops on all fronts.

Pauline and Graeme once grew nothing but almonds on their 150-acre patch, but today the almonds are over 15 acres and most of the remaining land covered in vines and a thousand-or-so sheep.

"America has been in drought so there is a shortage of almonds at the moment, and the prices are high going from \$7 to about \$12 in two years, which has been good for the Australian growers.

"We could grow 300-500kg per acre max,



but in the Riverland they could grow up to 1500kg. The climate there suits growing almonds; the main problem we have is that it's late July when the bees come in and pollinate and it's cold. The birds don't help either and now we are considering using drones to scare them away.

"On the positive side, we have a big demand because our production is so low... the higher the production the flavour goes out the door basically. Our flavour is so intense, so we get a lot of return customers."

Pauline and Grahame said the local markets had been good to them for 25 years – now at the Victor Harbor country market at the Soldiers' Memorial Gardens, The Esplanade, on the second and fourth Sundays of the

month, and the Willunga Quarry market on Aldinga Road by the Willunga Oval on the second Saturday of the month.

They complement their trailer-van business by selling their sensational Mulberry Jam, with the mulberries taken from a 150-year-old English tree, and their two varieties of olive oil with 2000lt produced from their three acres.

"We sell a lot of our mulberries to up-market restaurants for desserts they make, which is really catching on," Grahame said. "But the biggest challenge with the mulberries is explaining their intense flavour to anyone who is under 50 because few have experienced them." ■

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-1pm @ 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 (next July 31) from 8am-2pm. 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

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

You should be wary of online fads and scams

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



There is an old saying about "anything that looks too good to be true probably is". This modern era of social media and internet 24/7 has created a new wave of people and products promising "completely unique results" or "ground-breaking technology" or "totally unique formula" quite often in 15 minutes or less.

In the health and fitness industry these claims are almost always backed-up by a shiny-toothed bare midriff, a '6-pack toting glamazon' giving the impression that they look so perfect from just using the said product for an amazing 12-week transformation. Wow!

The truth is that crash diets, "nutritional cleanses" and severe calorie restriction programs do not create sustainable results. What is the point of losing a heap of weight only to put on a heap more and end up bigger

than you started in a short space of time?

All too often a person that goes through one of these ordeals happily loses 8-10 or 15kg in 6-8 or 12 weeks, but then puts back on 10-12 or 18kg in the six months after. Unfortunately, the damage to their health and relationships can be severe.

If you want to lose fat focus on your health first and build sustainable habits and choices so you can reap lifelong benefits. It's far better to look good and feel good too.

A good night's sleep, a healthy diet of protein veggies and fruit with some time-out in nature, and some strength training will do much more for you than any pill shake or gizmo.

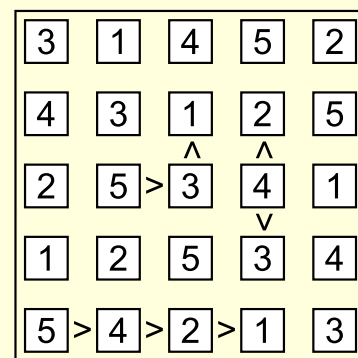
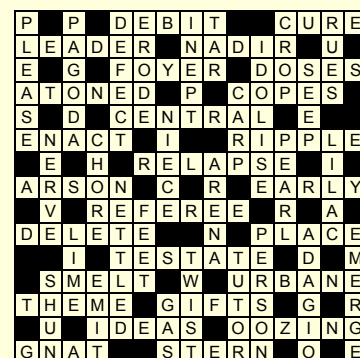
Nourish your body and it will pay you back with health & happiness for life.



Puzzle answers (from P22)

TARGET TIME

actor, ardour, card, carrot, carry, cart, cord, court, COURTYARD, curator, curry, curt, dart, dory, dour, dray, orca, racy, road, roar, rota, tardy, taro, tour, tray, trod, tyro, yard.



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Do you love music? Have a flare for words? Fleurieu FM is looking for volunteers who could present on air during a two hour shift. Don't worry about getting tongue tied. Plenty of support & training is provided, but if the thought of presenting makes you anxious perhaps you would prefer helping on the reception desk and performing various administrative duties. Days and times are negotiable.

Southern Volunteering would like to hear from anyone with a flare and interest in photography. We are looking to produce a marketing portfolio. If photography is your strength and you can volunteer some hours, then please contact Jackie Horton at Southern Volunteering on 0488 124 840

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

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

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