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Ashley Porter 0402 900 317

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

CONTACT US

Postal address:
PO Box 2078
VICTOR HARBOR SA 5211

e: info@coastlines.com.au

www.coastlines.com.au

T: 0402 900 317

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This Month

The Games of the XXXI Olympiad in Rio de Janeiro, Brazil will be held from August 5-21, beginning with the opening ceremony in the Maracana Stadium. Overall, 8255 participants are expected to compete in 306 events in 28 sports. The 2016 Paralympics will be held from September 7-18 with an estimated 175 nations competing in 526 events. Rio is 12½ hours behind our time, so enjoy. Go Aussies!

Friday, August 26 is International

Dog Day, so give your dog a bone – and a big hug. And that would be dog-gone easy to do with this awesome foursome pictured right who feature in the international promo.

This month was named Sextilis when we had a 10-month Roman calendar, and was renamed in honor of Augustus in 8 BC when he celebrated some of his greatest triumphs, including the conquest of Egypt.

Those born from August 1-22 are members of the Leo zodiac sign, and from August 23-31 are Virgo. August has two birthstones;



Peridot and Spinel. It has been suggested that Peridot, with its signature lime green colour, has been known to instil power and influence in the wearer.

You probably missed it, but all thoroughbreds in the southern hemisphere celebrated their birthday on August 1 so that their ages could be standardised for comparison because of the historical lack of records of actual birth days. These noble beasts in the northern hemisphere had their birthday on January 1. In the first week of August we commemorate Healthy Bones Action Week www.healthybones.com.au; World Breastfeeding Week www.worldbreastfeedingweek.org; and Dental Health Week www.ada.org.au.

[ada.org.au](http://www.ada.org.au).

Other special days in August include:

5: Jeans for Genes Day www.jeansforgenes.org.au

7-13: National EOS Awareness Week www.ausee.org

8: Dying To Know Day www.dyingtoknowday.org

8-14: Haemochromatosis Awareness Week haemochromatosis.org.au

August 21-November 13: The Bloody Long Walk National Series www.bloodylongwalk.com.au

22-28: VCFS22q11.2 Awareness Week www.vcfsa.org.au

22-28: Be MedicineWise www.nps.org.au

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Thinking outside of the PO box

Ron Langman AM has a brilliant academic and creative design background that makes him one of our treasured South Australians.

Yet, for all of the most notable and wide-ranging inscriptions in his curriculum vitae including an Order of Australia in 2006 for services to the construction industry, founder of the Adelaide Art Director's Club, as the creator of the Home Ideas Centre in Adelaide that was copied nationally, and as a councillor for the Royal Adelaide Zoological Society, plus a Masters degree of Entrepreneurship Adelaide University School of Engineering and a Bachelor of Industrial Design, he feels right at home working in an old post office.

But it is no ordinary post office – in The Strand, Port Elliot, where for the past 29 years now-retired post master Ted Rosser, 72, diligently sold stamps, connected us and grimaced as he left bills in the boxes. Ron, and his wife, Sonya Hender, a brilliant printmaking artist, have turned this beautiful 110-year-old sandstone building



into a hub of creative brilliance without losing any of its heritage qualities.

Welcome The Strand Gallery to our art world, starting with an official opening tomorrow (August 5) coinciding with a launch of its SALA festival exhibition of paintings, sculptures, ceramics, photography and printmaking in conjunction with the Quick Whippet Studio Artists – Anna Haig, Halinka Harrison, Lindy Sando, and of course Ron and Sonya (pictured). The gallery's stunning interior design, especially the strategic lighting, will continue to accentuate the sheer talent of so many local artists, and significantly, draw tourists to Port Elliot and the region.

Continued P4



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It's that serious time of year

It was a clash of last year's Great Southern Football League grand finalists Encounter Bay and Mount Compass in round 14, and the Bays won again, by 19 points thanks to kicking 10 goals straight and the Bulldogs kicking only one after quarter time.

But Mount Compass, which hasn't won an A-grade flag since 1980, is still the team to beat as it sits on top of the premiership ladder with just three rounds remaining ahead of Encounter Bay and the 2015 premier Strathalbyn, with Willunga making a late charge and again a big threat. The Goolwa Magpies look like sealing fifth spot. And the Crows in the AFL? Who knows.

GSFL draw

Round 16: August 6

Encounter Bay v McLaren
Langhorne Creek v Willunga
Myponga Sellicks v Mt Compass
Strathalbyn v Goolwa Magpies
Yankalilla v Victor Harbor

R17: August 13

Encounter Bay v Langhorne Creek
Goolwa Magpies v Myponga Sellicks
McLaren v Willunga
Mount Compass v Willunga
Strathalbyn v Victor Harbor

R18: August 20

Langhorne Creek v Mt Compass
Myponga Sellicks v Encounter Bay
Victor Harbor v McLaren
Willunga v Goolwa Magpies
Yankalilla v Strathalbyn

FINALS

Qualifying at Yankalilla, Sat, Aug 27
Elimination at Strathalbyn, Sun, Sept 28
Second at McLaren Vale, Sat, Sept 3
First at Myponga, Sun, Sept 4
Preliminary at Goolwa, Sat, Sept 10
Grand at Encounter Bay, Sat, Sept 17

Meanwhile, Victor Harbor is yet again the team to beat in the Great Southern Netball League A-grade competition having not lost a game this season.

Strathalbyn appears their biggest threat in the finals which start on Saturday, August 27, with the grand final on Saturday, September 10.

Pictured: Encounter Bay's big man Mitchell Mulroney looks in all sorts of trouble trying to get rid of the ball, but was still one of their best.

Some of the previous post office boxes will make-way for a window to display illuminated art works at night. The next development stage will include a wine bar and cellar on the adjacent block.

Each of the tastefully-restored rooms will showcase specific forms of visual arts, including Sonya's printmaking room with the largest etching press outside of the University of SA. Sonya achieved her Masters in Social Research, but printmaking has always been where her heart lay and in recent years completed a Bachelor in Visual Arts degree. She is also on the Foundation Board of the South Australian Museum.

Ron has an impressive background in photography, including acclaimed work some years ago for the South Australian Tourism Commission. He has recently ventured back into the artistic side of photography, and took the magnificent image on our front cover taken at Knight's Beach looking at The Bluff and processed with yellow light painting that reflects in the pools in the foreground. Both Ron and Sonya said they were naturally excited about their new venture in the old Port Elliot Post Office.

"It's about living as passion for art in all forms," Ron said. "This is not just our gallery; we want it to be a home to exhibitions of some brilliant artists in the region."

"There is also that immense satisfaction of creating a very worthwhile reason to restore this beautiful old building."

Visit: strandgallery.com.au

Among the many art groups with a difference that are part of the SALA festival include a collection of artists from Create and Connect at The Community Centre in Gardiner St, Goolwa, and 16 artists who form the Victor Harbor Art Society and will have exhibitions in the Grosvenor Hotel, Ocean St, Victor Harbor. Check out all the details in our special guide starting on P15.

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The bigger picture



Almost a century ago Neil Kennett tended to his Friesian cows from a red shed on Brickyard Road, Port Elliot. Today, a kilometre around the corner his great grandson Scott is the construction manager on the Fleurieu Regional Aquatic Centre.

The link may seem like a very small piece in a giant jigsaw puzzle that was first talked about almost 40 years ago, but it fits so nicely into a wonderful story of how developers, politicians, councils and communities have come together to present us with something special.

Brush aside much of the needless negativity that has at times consumed the final picture and we see not one pool, but three in a state-of-the-art \$21 million complex featuring architectural splendour and constructional technical genius that will serve all sections of our community.

And it is the Kennett family's unbroken strong connection to the region for nearly 100 years, which now includes Scott and its Kennett Pty Ltd, a proud South Australian company, that has added enormous personal touch to this project.

Most days Scott drives past a red fence that remains visible on the old farm and appreciates the reminder that this pool, due to be completed in January and officially opened in March, is a humbling experience

because of the incredible contribution of so many for all future generations to enjoy.

"It has been a truly wonderful experience for me personally because of our family's long-term connection from Goolwa to Victor Harbor," Scott said.

"And I can honestly say that I have never worked on a project that includes such a huge amount of community involvement and without the problem of ego.

"The input by the teams – the two councils and the consultants – is really positive, and normally in this situation you have someone who likes to stamp their authority on the project.

"There is no ego here, which is unique to me; everyone has enjoyed working collaboratively."

It is a special pool project, to say the least, and according to Scott one that goes beyond the norm because the main 25-metre pool will have one set temperature, and the toddlers' pool in the same area another. The third, a much-needed hydrotherapy or rehabilitation pool, has a different temperature again to cater for its specific needs.

"This construction has required a lot of incredibly complex coordination with the services from all of your chlorination systems to filtration," Scott said. "With the main pool area there needs to be a certain amount of air tightness to the pool area to maintain a

"It has been a truly wonderful experience for me personally because of our family's long-term connection from Goolwa to Victor Harbor."

– Fleurieu Regional Aquatic Centre construction manager Scott Kennett

set temperature.

"You have to monitor every connection to make sure it is all sealed. It requires a lot of attention... you have to make sure everything is perfect before you bring in the next trade." The construction workers have certainly faced their challenges.

Continued P6



Left: Some of the guests including FRAC Authority members who had a progress tour of the centre with Scott Kennett (right) were (at back) Mike McRae, (centre from left) Teresa King, Helen Irvine, Peter Mueller, Merridy Jagger, Natalie Bruce and (front) Michelle Bell, and mayors, Keith Parkes and Graham Philp.

Right: The pools (from left) toddlers', rehabilitation and main. Bottom from left: Site supervisor Greg Chambers and Scott Kennett, an outdoor play/rest area, and the main pool area from a different angle.

From P5

They started six weeks late because of incredibly bad weather, but the project is on schedule and running to budget. When they started digging to create the main pool they were confronted by water table and level issues... water was coming up from underground, which brought its sense of amusement.

There have been an average 100 workers on this project every day – more than 1000 contractors overall with at least 40 per cent from within the region – and when the landscaping work begins next month this will increase.

Site supervisor Greg Chambers believes our pool will be special because of the different finishes on the building. "That's what is going to make this a stand-out project," he says.

Scott says architecturally it will be a very nice looking building. "It won't look industrial or be just a large shed or box; it is going to have glass, the rammed earth is going to be a great feature, the timbers are great," he said. "The quality control is exceptional."

Adding to the overwhelming need of the project will be an adjoining independent

support-living facility and a health care centre that will provide general practitioners and allied health services like physiotherapy, podiatry and medial massage.

But as much as Scott and Greg see this overall project as one of Kennett Pty Ltd's gems in its impressive state-wide contribution, they relate so much of the FRAC's resounding success to the groups who have made it all possible – the big pieces in this puzzle.

It starts with talk of a swimming pool in the region almost 40 years ago, and revived on the front porch of Steve and Marg Wright's house at Port Elliot in 1996. With sons Adam and Bruce, they are the developers behind the nationally award-winning Beyond Today project with its sustainable living that features 47 per cent of the 90 hectares dedicated to landscaped reserves, parks and wetlands. It is amazing, to say the least.

"We knew a swimming pool had been an issue with the community for many years, and we indicated to Alexander Downer, who was the then Member for Mayo, that we were the boundary between the two councils and if we could get them working together it would be great to get this pool up

and running," Adam said.

"The land was never going to be residential; it was always going to be community based. When the pool idea went cold we considered another option. We thought higher education was important – keeping our young demographic here – so we spoke to the University of South Australia about developing a sustainability or environment hub or something along those lines, but they had a 15-year plan. We wanted to achieve things right then.

"Our second goal was a health and well being precinct because we were out-growing our resources down here, and we thought it was important to bring more services to the region."

Ultimately, after talks over the years by former mayors Kym McHugh (Alexandrina) and Mary-Lou Corcoran (Victor Harbor), incredible devotion by current council administration staff and today's mayors, Keith Parkes and Graham Philp, plus the Wright family's handing over the land on the cnr of Ocean and Waterport roads on the council boundary line for \$1, the pool is a reality. If the Wright family put housing



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on this property it could have fetched \$4.5 million. We said it was amazing. The project has been made possible by \$6.5m from each council, \$7.5m in federal government funding, and \$0.5m from the state government. And if we thought this was unbelievable cooperation to achieve something special for the region, the Alexandrina and Victor Harbor councils won two state and national awards

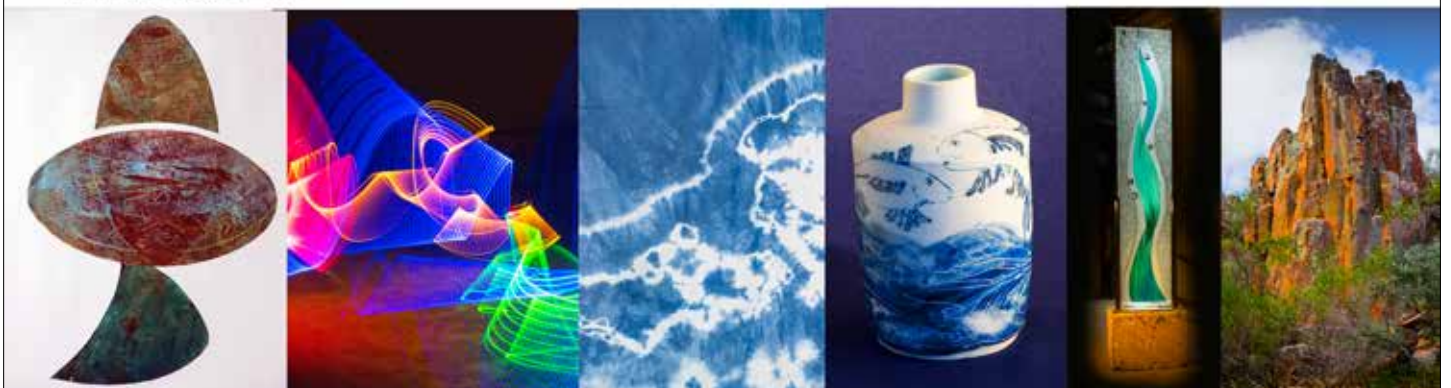
for *State Local Government Professional Excellence*, and *Community Partnership and Collaboration*. Yes, our councils. The councils own the Fleurieu Regional Aquatic Centre Authority, chaired by David Cooke, which will soon own and operate the facility on their behalf. Now, imagine for one moment there was an element of ego that Scott was talking about, and if the make-believe border patrols we

have joked about since Neil Kennett milked his cows with barbed-wire fencing separating Goolwa from Victor Harbor – an idea pinched by Donald Trump to keep the Mexicans out – was all happening. We live in a great place, don't we? And give the Wrights and the Kennetts a free family pass into the aquatic centre. Enjoy. ■

The Strand gallery



Port Elliot has a new art gallery in the former Post Office.
Paintings, Sculpture, Ceramics, Photography, Printmaking.
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strandgallery.com.au



The South Lakes Golf Club is celebrating its golden anniversary this month, and for Brian Wilson, a foundation life member, the occasion will be about...

Reflections, of course

Fore! No, not a stray golf ball, but it could have been a plane landing on the sixth fairway had the original development plan for the South Lakes Golf Club been accepted.

And that's near the 'botel' with boats cruising along the Murray and docking into a huge tavern/restaurant making Goolwa "the Riviera of Australia". All this transformed over 276 acres of boxthorn bushes and swamps bought for £253 an acre, and described as "not a figment of someone's imagination..." Now 50 years later, we have a beautiful Fred Thompson-designed 18-hole golf course, a pleasant clubhouse, but most importantly an amazing 600-plus membership which really makes South Lakes – acknowledged as SA's best regional golf club.

Memories of the original concept, incorporation on August 16, 1966, handing over of the course by the developers Realty Development Corporation (RDC) on September 1 that year, and the amazing journey that followed will be revived when more than 200 attend a luncheon on Sunday, August 21.

Among the guests will be Brian Wilson, 85, (pictured) who was marketing manager of RDC from the start of the South Lakes project, and one of the first four to be made a foundation life member of the club. He was there when Governor Sir Edric Bastyan read a poem *The Lament of an Old Golfer* (no mention of planes interrupting one's putting on the sixth), and will welcome His Excellency, the Governor of South Australia, Hieu Van Le, at the luncheon when a commemorative plaque is unveiled.

The 50th anniversary of a club is usually par for the course (pun intended), but this one is special because it embraces so much of



“

Despite the master plan receiving approval from all necessary regulatory bodies, we didn't get the airstrip down the sixth fairway. The District Council of Port Elliot and Goolwa gave us approval for everything with a handshake over a cup of tea. I cannot imagine that happening today.”

– South Lakes foundation life member Brian Wilson

Goolwa's change in culture and development post-WWII. Significantly, this was the first development of a golf course in Australia that incorporated subsequent housing around it, and it is believed that South Lakes was the

first in South Australian golf club history to offer equal membership rights to women including playing on Saturdays.

South Lakes also became the first club to start off with junior membership from day-one, and this remains special to Brian because his son Philip, who still lives in Goolwa, was the first junior.

The dreaded arthritis and other health issues ended Brian's playing days, but he continues to be a familiar face around the club. "I still like to have a beer with the boys on a Saturday; I love this place," he said.

"It was a lot of hard work in those early days, but it was rewarding... everyone could see what this golf club could mean to Goolwa.

"The development brought a lot of work to Goolwa, and eventually families. One of the big things was that we had a large number of

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corporate members from Adelaide – at least 20 per cent of the membership – and they brought guests with many of them also going on to invest in the town.

“Despite the master plan receiving approval from all necessary regulatory bodies, we didn't get the airstrip down the sixth fairway. The District Council of Port Elliot and Goolwa gave us approval for everything with a handshake over a cup of tea. I cannot imagine that happening today.

“The first nine holes were opened for play on the seventh of November, 1966, and my word, there have been a lot of great golf

stories on this course ever since.

“There were 600 allotments for housing around the course and the first houses cost \$6500.

“It has been an interesting journey, and I've seen a lot of change, but I'll tell you, the people here have always been special. We've always had a Dad's Army of a dozen-or-so volunteers who go out once a week and do work on the course, and it has been this spirit that has made South Lakes what it is – a wonderful club.”

Brian is sure to spend the anniversary reflecting on the day TDC managing director

Max Liberman bought the 276 acres for £70,000 off dairy farmer 'Bluey' Lewis, and a great line in Sir Edric's poem, “... and the birdies were many and the errors were few, in the days of long ago.”

But as Brian says, a great golf club is not about the memorable putts that have got longer over the years, but the members of today who will be remembered. ■

Above: The cover and centrespread of the original 1966 prospectus presented by the Realty Development Corporation prepared by Brian Wilson. Note the airstrip at top.

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There is a perception that the Fleurieu Peninsula region is all about hospitality and tourism, but we talk to a good mate who refutes the notion. We should know him well; he prints Coast Lines, and his business has always been about...

There are stories on some people that one should never write, like one on your dentist just before an appointment, your bank manager, and especially the printer of your magazine because he can slip in one last line before going to press.

We suggest possible retribution in jest, of course, but there are those who may question one's credibility when it comes to saying something positive about those close to you.

We hope not, because this is about Geoff McRostie, and his team at SA Design & Print, which has printed the magazine you are now reading since its inception in 2011. As with other clients, he has always been there with support when we have needed it most.

Being a third-generation printer/publisher they say ink runs through Geoff's veins. He helped his granddad Richard on the *Kingston Leader*, as he did with his dad Noel, and eventually ran it by himself before moving to Victor Harbor 13 years ago.

He came here to take on a newsagency in Ocean Street and five weeks later was swept away after taking over a small digital printing business.

Regrettably, those great days of vibrant country newspapers have mostly gone, and the printing game is now played with fewer rules. It can be ruthless. And Coast Lines is proud to write this story because it needs to be told; it hopefully reminds people that our wonderful Fleurieu Peninsula, particularly our south coast where Geoff's business is located, in Hill St, Port Elliot, is more than just about hospitality and tourism.

And this is not just about Geoff, because as he says, the success stories in our region are about small businesses looking after each other. The problem is, not enough people are hearing them.

Probably unknown to many is the fact SA Design & Print is the only printer on the Fleurieu that prints both digitally using three Xerox printers, and off-set on his Heidelberg Speedster run by Mike Langan, who has brought more than 40 years of printing experience with him to achieve standards clients expect of a quality printer.

And remarkably, SA Design & Print, owned by Geoff and his delightful wife, Sue, is now the only business in South Australia that does both digital and offset printing plus signwriting on a large scale. This business has two local graphic designers, Todd McMahon and Nic Connor, who work on both forms and have helped the business grow, can print anything from large books to magazines, junk mail that you get in the post, and business

BOLD

print

cards. And because the business has further expanded with new print finishing equipment, nothing is out-sourced as you get with most printers and especially print brokers where generally the care factor is deleted.

If you want a smaller print run like 50 or 500 copies like SA Design & Print is currently doing for schools, country shows and farm days, plus councils from the Far West Coast and Whyalla to the Riverland and the South-East, it can be done quicker than ever because of a further upgrade of equipment. And as for signs, it can do everything from 50 metre-plus banners to corflute, A-frames, flags and banners.

All great, but the most significant thing is that we have a small-medium business bringing work into Port Elliot from right around the state in an era where so much other work goes out of this region.

Just about every industry sector in South Australia is suffering, and to be able to create a printing and signwriting hub in Port Elliot attracting new business locally and from around the state with the money remaining along our south coast is refreshing. It is a win for all of us.

Yet, for all the amazing turnaround in their business through investing in new plant and equipment and streamlining the operation to achieve quicker response times, Geoff puts everything down to employing local people first who take pride in their work, and the support and efficiency of local trade-related businesses that assist his signwriting operation.

"By being able to print everything in the one place there is none of this five lots of transport costs; everyone putting their own margin on top," Geoff said.

"There is one percentage and one freight. It also allows us to set our own deadlines, which is one thing, but our quality control is everything.

"There is none of this missing the courier; putting trust into someone you don't know with a client's work. It is a matter of credibility and accountability.

"When you are a trade house it's just another job. It is never as good as you can do it yourself; there is that care factor.

"We are proud that we did Radio Rentals signage and installation around the state; that we have done logo-design, printing and then wrapped signs around vans and trucks and lit up premises with LED light boxes and so on for other big businesses in Adelaide.

"As a member of both the Victor Harbor and Southern Alexandrina business associations I feel good about bringing work into the region, but by no means am I the only one. There are a lot of good operators in other fields down here, and they are all generating employment. People need to be reminded of this, and support them where they can.

"The freight is fantastic. Logistics are one of the biggest problems in business, yet the Fleurieu has a great network of couriers – they have allowed us to build our business. We can have something picked up from here at five o'clock one afternoon and it can be in Whyalla the next morning. Adelaide; same afternoon. So why do people think that city couriers can do it better? It is just one example.

"People say the only thing this south coast has got is hospitality, but they're wrong. There are a lot of good small businesses down here. The business associations and the area have a lot to offer, and just because we are a country region doesn't mean we have to take second-best work or products."

And Coast Lines is proud to be printed by SA Design & Print, and we know Geoff wouldn't add anything to one of our stories. ■

Hey Ash, what about the Hawks last week? Premiership No.4 in a row coming up!



SA Design & Print owner/manager Geoff McRostie (left) with his amazing printer Mike Langhan, watching over the printing and finishing of our previous edition of Coast Lines, which is all done in Hill St, Port Elliot.

A great place to talk home loans

If are thinking about applying for a home loan in the near future remember that Ben Morris has his coffee with milk and no sugar. He loves kids, pats dogs, and being a young bloke he's fit so go easy with the sweet biscuits.

None of the treats are expected, of course, but as a mobile relationship manager – a mobile lender – for the Bendigo Bank across the Fleurieu Peninsula he accepts invitations to feel right at home. And no need for the suit and tie, or to dress up; the comfy daggies are just fine thank you, and he's also fine when it comes to you trying to put the kids to bed.

This is today's world of lending, particularly home loans which in many cases applies to those leading busy lives and couples finding it impossible to meet a bank manager in a bank at a set time and with every piece



Bendigo Bank mobile relationship manager Ben Morris (left) with G&DCBB manager Felix Kacirek.

of required paperwork at their finger tips.

"The Bendigo Bank realised some time ago that there was a strong need to have the flexibility to be invited to someone's home or business to see how we can help them," Ben said.

"I suggest to people to meet

during their lunch break, but most don't want to talk then so at home at night may be the best option.

"I have also done lending in a branch and you see one side of the person, but when you are invited into their home you see their true scope in life. I become passionate about their cause and continue to push to make things work for them as best as I possibly can in the perimeters that I must work within.

"I see how a decision may benefit or affect them, and sometimes it can be challenging on the heart strings. Sometimes things cannot happen, so what I do is to try and work out other strategies where maybe it can be a different situation in five or six months. I might suggest working on milestone points like a saving budget or an extra-payment budget whatever it is, and still feel like I can help them even if it is not right now but in the future. They are real people not numbers.

"Sometimes the conversation is about saying where the client is at right now on the equity side, but if we do this, or continue doing something along this path we can reach your goal here."

As a mobile lender Ben also works closely with the respective branch, and has a particularly strong working relationship with Goolwa & District Community Bendigo Bank manager Felix Kacirek.

"My personal belief is that a mobile lender gives the customer



opportunities that can benefit them, especially when it comes to being in an environment in which they are comfortable, and it provides more confidentiality," Felix said.

"If people are in a bank they may keep looking over their shoulder thinking customers may be listening to their liabilities and assets, whereas at home they know there is absolutely no one else to hear that.

"It gives the customers piece of mind, and the trend I have noticed is that more and more people are leaning towards having someone come to their place rather than them coming into the bank."

Ben said the whole idea of mobile lending was to make the customer feel relaxed. "Being invited into their house breaks down this mentality of the customer feeling like they are at a parent-teacher interview," he said.

"At their home, you sit at their dining table or on their lounge and work through the process while I end up playing with their dog (he laughs). It's a good way to make rapport; it makes it so real.

"After the necessary application paperwork is done and we are going to do a sign-up, I usually get customer to come into their local branch so they know who they are dealing with... their local branch manager; the staff. It's a good way for the customer to know who they are dealing with so should they find a need to call they know the person. It is a warm hand-over, and there is a great opportunity to strengthen any future needs.

"The Bendigo Bank is all about helping people in our community, and the best way to do that is to talk to them direct. In my job I meet interesting people every day, and sometimes unlike being in an office we have all the time in the world to assess how we can help. I love going to work." ■

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Ted's royalty & admiralty touch

Ted Beckett is one of the few special people of this world who can lay claim to fame of helping to build probably the last royal yacht in the history of the British monarchy.

Born in his dad's pub, next door to His Royal Majesty's Royal Navy Dockyards in Portsmouth, England, he became a ship's joiner aged just 15 and worked on Her Majesty's Royal Yacht Britannia, which was launched in 1954.

When this former yacht of Queen Elizabeth II

was decommissioned on December 11, 1997 the then British Labour government was too miserable to spend a paltry \$3 billion on a replacement, and no one else is likely to either.

There were also the ship cabinets he crafted with intricate knee-hole cockbeading around the drawers for admiralty that were sunk during World War II, but our Ted is still going. Still taking another shaving or two off another curved edge of an old wooden boat like he has for the past 18 years working on

projects in the Armfield Boatshed & Slipway on the banks of Goolwa.

Now 87, every Tuesday and Friday Ted meets his mates here – all volunteers – and is currently helping to restore an old clinker boat once aptly named *Bread & Putter* by its original owner, a Mr Baker, and building Armfield's ninth wooden boat that will be raffled during the South Australian Wooden Boat Festival at the Riverport of Goolwa on April 22-23 next year.

Continued P14

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“

... I have a purpose;
I think that's why we're
all here, having a
belonging and sharing
a great passion for
wooden boats.”

– Ted Beckett

From P13

These guys need the proceeds from the raffle to keep the shed going.

Ted's a legend among these guys; a real character constantly spinning funny lines.

However, behind his shield of quips he has the deepest of recollections of hiding in the cellars of his dad's Cox's Hotel as the Germans bombed the Portsmouth shipyards next door during World War 11 – before all the kids were sent to the country for their safety. And not even the best of Ted's lines disguises the fact he still dearly misses his wife, Mary, who after serving the community with distinction on the Alexandrina Council for 15 years, died in July, 2014, aged 77.

“It was Mary who told me to come down here (to the shed) 18 years ago because of my love for furniture restoration and to meet new friends,” Ted said. “It's been wonderful. There is a remarkable group of people here who support each other. I know, alright.

“It has been good mentally as well. When a few things aren't going well I come here and before long someone is having a lend of me and I'm taking the Mickey out of them. Nothing else needs to be said, and we all gather around a wooden boat and have the



time of our life.

“I think this has put years on me. I have a purpose; I think that's why we're all here, having a belonging and sharing a great passion for wooden boats.

“My fascination has always been working with wood; that's what makes me tick. I still make things for the family.

“Never let anyone tell you a wooden boat is just a boat. Mind you, there have been days in here when I've thought it would be more convenient if they were square.

“I've worked on a lot of boats here, but the funny thing is I've only built one for myself, a sailing dingy and I gave it to my son (Rob) and his kids to have fun with.”

Ted also has a daughter, Linda, six grandchildren and a seventh great-grandchild on the way.

Ted said the boatshed people were getting excited by the fact the 16th annual SA Wooden Boat Festival, presented by the Alexandrina Council, was looming because it meant building a new boat to raffle.

“It always feels really good to be around the place, but there is always something special about building the raffle boat,” Ted said. “It's not just a boat; it's a wooden boat. I don't think people could imagine the care that goes into making these things.

“They say a wooden boat can sail into the distance and discover new lands; it's why I buy a ticket to win our raffle.” ■

The Armfield crew are also busy building wooden model kits of some of the River Murray's best-known paddle steamers – the Oscar W from Goolwa, Industry (Renmark), Marion (Mannum) and Cannaly (Morgan). They sell for \$15-\$25, and Dean Leicester (pictured below with a completed kit), who is behind the project, reveals more than 250 have already been sold through tourist information centres and at Armfield. All funds go into the running of the shed.



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SALA

More than 250 artists at 51 venues across the Fleurieu Peninsula will showcase their finest work as part of a brilliant state-wide 19th annual South Australian Living Artists – SALA – festival throughout August. Overall, it will take art to the people through 630 exhibitions embracing all media.

SALA not only fetes its finest or best-known artists, but encourages those perhaps lesser known to live their dream and present their work to the community. Among these many emerging artists is Wendy Williams (pictured right), of Middleton, who shares an amazing passion for painting. As a mother of two boys, Max, 11, and Hudson, seven, being an artist brings its different challenges and at times personal rewards, but she has tremendous support from her husband, Andrew Brown, a schoolteacher at Investigator College, and our local art galleries.

“An artist's life can be a difficult pleasure,” Wendy said. “It can be financially challenging, vocationally questionable, and often quiet isolated. This said, there is no doubt the arts helps to enrich all of our lives. “SALA places a very big spotlight on South Australian artists and is integral to creating greater community awareness of visual arts.”

Wendy will exhibit her beautiful work throughout August, including an exhibition at Artworx, Goolwa, which has long-promoted our visual arts. She will hold artist-in-residence events in the gallery on August 14 from 11am-2pm followed by an opening, and on Friday August 19 from 1-3pm, and Sundays August 21 and 28 from 11am-2pm.

Coast Lines is proud to present all of the exhibitions and events across the Fleurieu Peninsula in order of towns as if we were to drive from Ashborne and Strathalbyn through to Milang, Goolwa, across to Victor Harbor, up to McLaren Vale and into Kuitpo Forest to Dingabledinga. (Some of the opening events have already been held).

It represents an wonderful venture into the finest art the Fleurieu Peninsula has to offer – a most valuable cultural experience. And may we also appreciate the wonderful emerging artists like Wendy Williams. Enjoy!



Wendy Williams with one of her latest paintings that when completed will be displayed at Artworx Goolwa.

ASHBOURNE

Open studio. Established textiles

Freshfield Farm Studio, 236c McHarg Creek Rd, via Ashbourne. T: 0408 833 657

Jennifer Gunson

Felting Frenzy at Freshfield: Come and try felting - eight years upwards. View and purchase artworks. Cash and carry only, tea and coffee available. No large buses. Aug 6 & 7. Sat & Sun 10am-5pm.

STRATHALBYN

Mixed group multiple mediums. Wheelchair access

Stationmaster's Art Gallery, Railway Station Building, 20 South Tce, Strathalbyn. T: 8536 4263

Judy Brealey, Roe Gartelmann, Catherine Gibbons, Strath Matters, Liz Yelland, John Yelland

SALA 2016: Contemporary and traditional. Diverse works in acrylic, oil, mixed media, watercolour, photography, textiles. 5 artists/groups share the gallery spaces, each showcasing their individual talents. Aug 3-Sept 4. Mon-Sun 10am-4pm.

Continued P16

From P15: **Strathalbyn**

Mixed group multi mediums. Wheelchair access

Strathalbyn Library, 1 Colman Tce, Strathalbyn. T: 8555 7000

Country Arts road trip participants 2016: **Tania Kunze, Rosa Merlino, Rosemary Whitehead, Gaynor Hartvigsen, Care Vaughan, Colleen Cavanagh, Sally Goers Fox**

Diverse: The vibrant mix of contemporary paintings, sculpture and ceramics is created by a statewide group of artists brought together during the Country Arts SA Roadtrip. Until Aug 31. Mon-Fri 9am-5pm; Sat 9am-noon.

Open Studio. Established painting, textiles. Wheelchair access

Helen Stacey Gallery, 17 Harriet St, Strathalbyn. T: 8536 3069

Helen Stacey

Here & There: Expressive-realist and spiritually symbolic work relating to diverse locations - the Fleurieu and Alexandrina regions to remote places further north. Gallery also open by appointment T: 8536 3069. Aug 5-28; Fri-Sun 11am-4.30pm. Opening event Aug 7, 11am-4.30pm.

Amateur Photography

Bean Machine Cafe, 43 Commercial Rd, Strathalbyn. T: 8536 2550

Karen Goldie

Tractors of the Fleurieu: A visual appreciation, paying homage to the farmer's tool of choice; the humble tractor. Until Aug 31. Mon-Sun 8am-5pm.

Open studio. Emerging multiple mediums

Lime Street Art Studios Strathalbyn, 13 Lime St, Strathalbyn. T: 0417 866 734

Oliver Koehn, Malinda-Ro Koehn

Whither: When does a rock become a stone? Does a pristine place remain pristine after visited? Paintings and photographs inspired by Lake Torrens and surrounds. Aug 5-28. Fri 5 & 19, 11am-5pm; Sat & Sun 11am-5pm. Opening event Aug 7, 11am-5pm.

LANGHORNE CREEK

Established Painting

Bremerton Wines, Langhorne Creek Rd, Langhorne Creek. T: 8537 3093

Denis Noble

SA & Vietnam: Watercolours painted during 2015 and 2016 in various places around South Australia, as well as sketches and paintings made during a trip through Vietnam. Until Aug 31. Mon-Sun 10am-5pm.

MILANG

Mixed group multiple mediums. Wheelchair access

Milang Institute, cnr Ameroo Ave & Cox St, Milang. T: 8537 0687

Cedric Varcoe, Liz Yelland, Daniel Clarke, John Bradford, Amy Pysden, John Yelland

MASALA - Milang and Districts SA Living Artists: An exciting blend of Milang and Lake Alexandrina artists and artisans reflecting on the Coorong and lakes, water, environment and culture. Aug 13-14. Sat & Sun 10am-4pm. Opening event Aug 12, 6-8pm.

CLAYTON BAY

Open studio. Mixed group multimedia, painting, sculptures

Wyndwod Studio, 123 Island View Dr, Clayton Bay. T: 8537 0526

Caroline Berlyn, Jane Hylton, Rob Hylton

Focused arrangement: Three dimensional still life arrangements, portraits of local buildings, landscapes and botanical-style studies. Aug 6-28. Sat & Sun 10am-4pm.

POINT STURT

Open studio. Emerging ceramics

Ping Pots, 531 Point Sturt Rd, Point Sturt. T: 0419 596 221

Claire Cooper, Brian Griffin, Jane Hylton, Rob Hylton, Pat Ingleton, Gary Mclachlan, Judith Pederson, Rose Russell

Ping Pots 2016: Pottery by artists from Point Sturt, Milang and Clayton Bay. Beautiful, functional, fun and decorative pieces for in the home and garden. Aug 6-28. Sat & Sun 10am-4pm. Opening event Aug 7, 2-4pm.

GOOLWA

Established multi-mediums. Wheelchair access

Art@Goolwa Inc Gallery, 13 Porter St, Goolwa. T: 8555 0095

Carol Bann, Muriel Birkill, Judy Brady, Sue Bridle, Garry Coombes, Carol Coventry, Annette Dawson, Irma Denk, Lindy Downing, Dana Fatchen, Pat Hagan, Dave Hayes, Penelope Hillam, Anne O'Loughlin, Nicole Pascal, Helen Petersen, Cathy Portas, James Stewart, Yvonne Twining, Mary Woolaway

Art & Alchemy: A rich and diverse collection of artwork by a group of 20 artists who are mostly local. This is quite a mixed media event including ceramics, digital photographic art, glass, jewellery, leather, painting, pastel, photography, wood and more. Until Aug 31; Mon-Sun 11am-4pm.

Emerging mixed media. Wheelchair access

Artworx Gallery and Gifts, 10-12 Hays St, Goolwa. T: 8555 0949

Wendy Williams

Flotsam and Jetsam: The works are inspired by the natural beauty of marine material found washed ashore, producing a mosaic of colourful paintings, drawings and lino prints. Aug 19-28; Fri Aug 19 1-3pm; Sun Aug 21 & Aug 28 11am-2pm. Opening event Aug 14 2-4pm.

Emerging mixed media. Wheelchair access

Mother Duck Cafe, 1/13 Cadell St, Goolwa. T: 8555 1246

Leah Grace

A Closer Walk with Thee: It began years ago with the lyrics from a Patsy Cline song and a story about a monk who made shoes for a king. Aug 7-Sep 9. Tue-Sun 8am-4pm.

Established installation, metal. Wheelchair access

Signal Point Gallery, The Goolwa Wharf, Cutting Rd, Goolwa. T: 8555 7289

David Hamilton

Naturally: Copper has long been David's preferred material to work with, an enduring enjoyment over the past 20 years. David's work focuses on Australian fauna and flora and with a dedicated studio practice the technique has become refined and the resulting art work exquisite representations of a much loved subject. Until Aug 28; Mon-Fri 11am-4pm; Sat & Sun 10am-4pm.

Mixed group photography. Wheelchair access

Ibis Siding Garden Centre, Cnr Kessell Rd & Cadell St, Goolwa. T: 8555 1311

Murray Bridge Photography Group

Barbara Martin, Daniel Cazzolato, Jillian Solley, Penny Heighes

Through the Lens: A collective of photographic images exploring all genres including abstract, landscape, fine art, still life, looking through the lenses of both emerging and professional photographers. Until Aug 31. Mon-Sun 9am-5pm. Opening event Aug 7, 1-3pm.

Established painting. Wheelchair access

Signal Point Gallery, The Goolwa Wharf, Cutting Rd, Goolwa. T: 8555 7289

David Dridan

Dridan: A life in the Australian Landscape: Signal Point Gallery is proud to present the work of David Dridan, OAM. Dridan's works synonymous with the Australian landscape. A survey of sorts, this exhibition encapsulates works spanning 50 years to the present day. Until Aug 28. Mon-Fri 11am-4pm; Sat & Sun 10am-4pm.

Established jewellery, multimedia. Wheelchair access

South Coast Regional Art Centre, Old Goolwa Police Station, 1 Goolwa Tce, Goolwa. T: 8555 7289

Don Ellis

Killing Birds (and other beautiful visions): Magpies are dotted throughout this exhibition, not evident in every piece, they nevertheless form the foundation of the show. Until Aug 28. Wed-Fri 11am-4pm; Sat & Sun 10am-4pm.

Open Studio. Mixed group ceramics, painting. Wheelchair access

South Coast Regional Art Centre, Old Goolwa Police Station, 1 Goolwa Tce, Goolwa. T: 8555 7289

Audrey Kooyman, Michael Bryant, Sally Deans, Mon Bowering

Open Studios: Four artists from Goolwa residing in the South Coast Regional Art Centre (Old Goolwa Police Station). View completed and works in progress; meet the artists. Aug 6-28. Sat & Sun 11am-3pm. Opening event Aug 5, 6-7.30pm.

Open studio. Established painting 15+ Wheelchair access

Studio One 3 One, 131 Liverpool Rd, Goolwa North. T: 0428 049 002

Lorraine Brown

It's my Life: Studio gallery of colourful expressive watercolours. See my pigment and texture experiments as a contributing artist to the International 2016 Wash a Week Challenge. Aug 6-28. Sat (Aug 6 & 13) & Sun (Aug 14, 21 & 28) 12.30-4.30pm.

Open studio. Mixed groups painting. Wheelchair access

The Community Centre, Goolwa, 37a Gardiner St, Goolwa. T: 8555 3941

Create and Connect

Out of the Box: A celebration of community artists and established artists, breaking barriers between professional artists and the everyday person living a creative life. Aug 8-19. Mon-Fri 9am-2.30pm; Sat & Sun 10am-2pm. Opening event Aug 12, 6-9pm.

HINDMARSH ISLAND

Emerging mixed media, photography. Wheelchair access

The Marina Hindmarsh Island, Randell Rd, Hindmarsh Island. T: 8555 7300

Olgerts Laukirbe, Sally Grundy, Jack Grundy, Stephen Middleton, Sun Qiang, Jess Grundy, Rosemary Warmington, Haizhen Zhang, Graham Shaw

From the Eyes of Artists and Photographers: Gifted award-winning Chinese artist, Ms Zhang and Chinese calligrapher Mr Sun, combine oriental and western thoughts and mix it with highly recognised artists and photographers. Until Aug 31. Mon-Sun 10am-4pm. Opening Event Aug 7, 2-4pm.

MIDDLETON

Open studio; est. drawing, multimedia, painting. Wheelchair access

Surf Garden Studio, 9 Breaker Court, Middleton. T 8554 2555

Barbary O'Brien

Available Light: Fresh new work from the desert graphic wave paintings and coastscapes; acerbic cartoons, and passionate good humoured commitment to forensic enquiry from this entertaining artist. Aug 13-28. Sat & Sun 1-5pm. Opening event Aug 7, 2-8pm.

Established multiple mediums. Wheelchair access

Middleton Arts and Crafts Association, The Old Hall, Pt Elliot Rd, Middleton. T 8555 1239

James Stewart

Rusty Fish: Assemblage based, mostly recycle focused design, lost and 'foundry'. Aussie themed, 'roo'-cycled art. Unique environmental works, mechanically based furniture and wall art. Until Aug 31. Mon-Sun 11am-4pm.

PORT ELLIOT

Open studio. Mixed group multiple medium. Wheelchair access

The Strand Gallery, 41 The Strand (formerly the Post Office), Port Elliot. T: 0419 501 648

The Strand Gallery and the Quick Whippet Studio Artists. **Anna Haig, Halinka Harrison, Sonya Hender, Ron Langman, Lindy Sando**

Collidescope: Collidescope is the inaugural exhibition at the new Strand Gallery in Port Elliot. It brings together local artists and digital image makers exploring the transition and mysterious nature of light in the landscape. It provides a taste of the flavours that curator Sonya Hender will be bringing to the South Coast. The exhibition invites conjecture and debate about the schism between decorative and expressive art. Various media explore impermanent passages of time and light. Aug 6-29. Fri-Mon 10am-4pm. Opening event Aug 5, 6-9pm.

Emerging painting. 15+ Wheelchair access

The Collectors Showcase, 47 The Strand, Port Elliot. T: 8552 6926

Anne Blanchard

Colourburst: Strong colours and the influence of design are the chief features of this exhibition of landscape and figure paintings in a largely contemporary style. Aug 5-28. Fri-Sun 1-4pm.

Continued P18



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From P17: **Strathalbyn**

Open studio. Emerging painting

Tarooki Studio, 13 Charteris St, Port Elliot. T:8554 2886

Sister Art: **Alison Waye, Proo Gieddes, Sandi Hill**

Studio 13: Three artists, one an oil painter, one an acrylic and one a water colourist, covering a wide variety of landscape, seascape and wildlife subjects. Aug 6-28. Sat & Sun 10am-4pm.

Mixed group multiple mediums. Wheelchair access

No. 58 Cellar Door & Gallery, 58 Waterport Rd, Port Elliot. T: 8554 3149

Anna Haig, Tom O'Callaghan, Wendy Williams, Anna Small, Warren Pickering

Fusion: A fusion of work over several mediums including ceramics, art, metal sculpture and mixed media from artists who all bring a different aspect. Until Aug 29. Fri-Mon 10am-4pm.

Emerging mixed media, painting. Wheelchair access

Cockles Cafe, 4/33 North Tce, Port Elliot. T: 8554 3187

Hannah Bailey

Tropical Punch: Living seaside has its effects. Hannah takes a bright and comical look at all things surf, sun and sand. Pop Art. Until Aug 31. Mon-Sun 8am-4pm.

Open Studio. Established painting

Shed 9a, Factory 9, 89-91 Hill St, Port Elliot. 0400 727 196

Richard John

From Little Things: From Little Things is an exhibition of original paintings on canvas and plywood, inspired by the south coast beaches and the children that play there. Aug 6-28. Mon-Fri 10am-2.30pm; Sat, 11am-3pm; Sun 10am-2pm. Opening event Aug 5, 5-8.30pm.

Emerging Painting

Authenticity Health and Wellness Retreat, 30 Waterport Rd, Port Elliot. T: 8554 2088.

Alessandro Carletti

Sanctuary: Sanctuary is a visionary art exhibition provoking the contemplative works of Alessandro Carletti, exploring the sacred and numinous through portraits. Until Oct 30. Mon-Sun 9am-5pm

VICTOR HARBOR

Mixed group painting

Grosvenor Hotel, 40 Ocean St, Victor Harbor. T: 8552 1011

Victor Harbor Art Society: **Ron Bastick, Cecilie Bearup, Anne Blanchard, Rosemary Builder, Jean Freytag, Sandi Hill, Wendy Jennings; Margaret Johns, Sri Kress, Gwenda Maynard, Ruth McCluskey, Margaret McEntee, Judy Stephens, Meg Taylor, Bill Truslove, Annette Vandenberg**

Coastal Colours: The colours of the Fleurieu Peninsula have been the inspiration of this group of artists, blending together traditional and contemporary styles. Aug 4-14. Thu-Sun 10am-4pm. Opening event Aug 4, 5-7.30pm.

Mixed group multiple mediums

The City of Victor Harbor Council Building Foyer, Main George Rd, Victor Harbor. T: 8551 1900

Victor Harbor High School

Victor Harbor High School On Show: The exhibition will include artwork from students year 8-12. Aug 9-15. Mon-Fri 10am-5pm.

Wheelchair access

Emerging installation, sculpture Wheelchair access

Victor Harbor Regional Gallery, 7a Railway Tce, Victor Harbor. T: 8552 1316

Jane Heron-Kirkmoe, Kylie Nicols, Anna Durovka, Daniel Davey, Natalie Penney, Hudson Greer, Rodric Lawrie, Margaret Evans, Joy Stahl, Michelle Morrison, Jody Tompkins

INTERPLAY: Adelaide College of the Arts in conjunction with Flinders University present INTERPLAY - an exhibition of contemporary sculpture and installation by current Bachelor of Visual Art students. Aug 3-29. Mon-Sun 11am-3pm. Opening event Aug 7, 1-3pm.

ENCOUNTER BAY

Emerging glass

Eat at Whalers, 121 Franklin Pde, Encounter Bay. T: 8552 4400

Bonni Dowler

Ride The Wall Board Art: Specialising in mirror mosaic surfboards. Every piece is unique and created based on the artist's life experiences. Aug 5-28. Fri & Sat 9am-5pm. Opening event Aug 5, 5pm.

HINDMARSH VALLEY

Mixed group glass. Wheelchair access

Nangawooka Glass Shed, 40 Nangawooka Track, Hindmarsh Valley. T: 0405 771 114

Nangawooka Glass Shed: **Marg Russell, Katie Shierlaw**

From the Sand: This collaborative exhibition of kiln formed glass features the different styles of each artist as they explore the varying and amazing possibilities of glass. Aug 30 & 31. Tue 10am-noon; Wed 1-3pm.

MOUNT COMPASS

Established painting

Mt. Jagged Wines, 3191 Victor Harbor Rd, Mount Compass. T: 8554 9520

Lorraine Brown

Colourful Expressions: Creative watercolour paintings of life on the Fleurieu - Feathers, Flora and Fauna. Thu-Mon 10am-5pm. Opening event Aug 7, 2pm-5pm. Artist in Session Aug 20 & 27, 2-4.30pm.

Wheelchair access

Open studio. Established painting. 15+

John Lacey's Studio & Green Tank Gallery, 41 Woodcone Rd, Mount Compass. T 8556 8388

John Lacey

Something Old, Something New: A wonderful blend of older works, (some not previously exhibited) to current day, reflecting the journey across 20 years and 3 mediums - watercolour, acrylic, oil. Until Aug 31. Mon-Sun 11am-5pm. Opening event Aug 7, 1-5pm. Artist in session Aug 21, 2pm.

WILLUNGA

Established multiple mediums 15+

Zimmermann Wine, 64 Newman Close, Willunga South. T: 8556 4078

Ursula Ulrike Zimmermann, Jenny Gore OAM, Michael Penck

EARTH - WOOD - FIRE: Our most important natural resources are Soil, Water, Sky. Small attached timber boxes with interesting histories/landscape images in glass fused to metal (enamel). Aug 1-28. Fri-Sun 11am-5pm. Opening event Aug 19 11am-5pm.

Open studio. Established painting

Roe Gartelmann Studio, 132 Gaffney Rd, Willunga. T: 0414 441 675

Roe Gartelmann

Recent Works: An exciting collection of paintings in a variety of media. A more contemporary approach. Talk to the artist. Works for sale and works in progress. Aug 5-28. Fri-Sun 10am-4.30pm.

McLAREN VALE

Established. Painting. Wheelchair access

Angove Family Winemakers; 117 Chalk Hill Rd, McLaren Vale.

T: 8323 6900

Eileen Lubiana

Yellow Line: Delicate and meditative lines. Transferred from cuttlefish bone to canvas. Three large scale abstract paintings. One elegant venue. Until Aug 31; Mon-Sun 11am-5pm

Established painting, print-making. Wheelchair access

Fox Creek Cellar Door Gallery, 90 Malpas Rd, McLaren Vale.

T: 8557 0000

Donna Chess

Welcome Home: Welcome Home is an exhibition of watercolour paintings and etchings, in Donna's detailed and often whimsical style, inspired by her local area and home. Aug 2-Sept 30. Mon-Sun 10am-5pm. Opening event Aug 6; 5-7pm.

Emerging photography. Wheelchair access

Chapel Hill Winery, Corner Chapel Hill and Chaffey's Road, McLaren Vale, McLaren Flat. T: 8324 4410

Christopher Houghton

Anatomy of Salt Creek and Other Pictures: Photography works of presence; part of an ongoing study on the indefinable relationship between people and country, transcending barriers assumed or real. Aug 1-29. Mon-Sun 11am-5pm.

Established painting. Wheelchair access

Penny's Hill Winery, 281 Main Rd, McLaren Vale. T: 8557 0800

Peter Coad, Gail Kellett, John Lacey, Jenni Mumford, Tom O'Callaghan, Lesley Redgate, Suzie Riley, Margie Sheppard, Sam Thompson, Dan Tomkins

Penny's Top Bunch: Ten of South Australia's best contemporary artists have been blended together, producing a vintage of outstanding eclectic art that is deserving of this fabulous winery. July 30-Aug 31. Mon-Sun 10am-5pm. Artist Talk Fri Aug 5, 11.30am. Join John Lacey for an informative chat about the exhibition.

Mixed group multiple mediums

Red Poles, 190 McMurtrie Rd, McLaren Vale. T: 0417 814 695

Malcolm Arnold, Janet Ayliffe, Luna Bird, Zoe Brooks, Donna Chess, Kel Chester, Sarah-Jane Cook, Jorji Gardener, Pip Kruger, Marie Littlewood, Emily McAllan, Kristy McConchie, Mary Pulford, Ashley Playfair, Bronwen Roodenrys, Belinda Shaw, Lucy Timbrell, Bianca Wernerberg, Patrycja Whipp, Gary Campbell

Fur and Feathers: Mixed-media exhibition works respond to the poem. July 24-Aug 28: Wed-Sun 9am-5pm. Opening vent July 23, 3-5pm.

Established glass, painting. Wheelchair access

Harcourts Wine Coast, 162 Main Rd, McLaren Vale. T: 0467 556 332

Brian O'Malley, Lesley Redgate, Nick Mount, Dee Jones, Hugo Shaw

The Wine Coast: Some of our most outstanding, established artists capture the light and the vibrant colours of our Wine Coast, in their own unique and brilliant way. Aug 3-28. Wed-Sun 11am-2pm.

Mixed group multiple mediums

Hastwell & Lightfoot Wine Lounge, Gallery & Cellar Door, 301 Foggo Rd, McLaren Vale. T: 8323 0010

Yasmin Washbrook, Barrie Washbrook, Venessa Murdoch, Margi Nolan

It's All Relative: Artworks on display in the Hastwell & Lightfoot Wine Lounge, Gallery & Cellar Door including photography, paintings, jewellery and glass. Aug 1-29. Thur-Mon 10.30am-5pm.

Established ceramics. Painting. Wheelchair access

S.C. Pannell Wines, 60 Olivers Rd, McLaren Vale. T: 8323 8000

Melanie Les, Daniel Les, Suse Ifould, Simon Ifould

Ferment: Ferment is the culmination of 4 like minds that have produced paintings and ceramics influenced by country and domesticity. Until Aug 31. Mon-Sun 11am-5pm.

Established painting

Serafino, Wines of McLaren Vale, Kangarilla Rd, McLaren Vale. T: 8323 8911

Dave Trengove

Larger than Life: Larger than Life is an exhibition of impressionist landscape paintings by Eyre Peninsula artist, Dave Trengove. Dave's paintings reflect the lifestyle and the regional landscape. Until Aug 31. Mon-Sun 9am-5pm. Wheelchair access

Established mixed media

The Barn Bistro, 252 Main Rd, McLaren Vale. T: 0403 914 434

Ineke Van Den Hout

In the Shadow of the Cloud: During a road trip through South Australia I painted watercolours en plein air. This exhibition is a direct result from this trip. Until Aug 31. Mon-Thurs 5pm-midnight; Fri-Sun noon-3pm & 5pm-midnight.

McLAREN FLAT

Emerging painting. Wheelchair access

Pruners Hut, 46 Trotts Rd, McLaren Flat. T: 0421 647 206

Nikki Carabetta-Baugh

Wodli Karra: A display of original Aboriginal dot paintings and Australian animals themed around the Aussie bush from a cultural, spiritual and mythological through connection to land. Aug 5-Sep 4. Fri 10.30am-3pm; Sat & Sun 10.30am-5pm.

Mixed group: mixed media, print-making. Wheelchair access

DogRidge Cellar Door and Gallery, 129 Bagshaws Rd. McLaren Flat. T: 8383 0140

Kate Osborne, Sophie Aitken, Jen Wright

Gathered in the Garden: A visual narrative describing personal connections to nature, this exhibition showcases mixed media paintings together with works by emerging artists exploring new ideas in print-making. Aug 7-31. Mon-Sun 11am-5pm.

DINGABLEDINGA

Emerging sculpture. Wheelchair access

Lazy Ballerina, 1152 Brookman Rd, Dingabledinga. T: 8556 7085

Westley Tully

Hybrid: Drawing from an unlikely use of materials, the two Hybrid pieces presented in the Lazy Ballerina garden take inspiration from Agave and Cactus plants as introduced and seen around historic farms and ruins in outback and rural Australia. Aug 5-29; Fri & Mon noon-4pm; Sat & Sun 11am-5pm.

SALA

Laugh Lines

Ice age

A city girl is fascinated watching a documentary on ice fishing in Vancouver, Canada, so she saves up her money, buys all the necessary equipment, and goes there to give it a go.

She finds what she thinks is a great ice fishing spot, sits down on her comfy footstool and starts to make a circular cut in the thick ice.

Suddenly, a voice booms from above: "There are no fish under the ice." Startled, the girl moves further down the ice, pours a thermos of coffee, and begins to cut another hole.

Again from above, a voice booms: "There are no fish under the ice." Not worried, she moves further down the ice again, sets up her stool and starts to cut.

The big voice bellows once more: "There are no fish under the ice." The girl stops, looks skyward, and asks: "Is that you Lord?" "No," with the bellowing voice. "I am the manager of the ice hockey rink."

Motherly advice

A mother says to her only daughter on the morning of her wedding: "Darling, this is your special day. Your marriage can be as wonderful as your father's and mine if you just remember three words as I did when I walked into the church." The daughter asks: "What were they, mother?" And she replies: "Aisle, altar, hymn."

Worn out

A group of elderly citizens at the aged care centre discuss their medical problems and Mildred says: "This is ridiculous; my arm is so weak I can hardly hold this cup of tea still."

"Yes, I know how you feel," says Ethel. "My cataracts are so bad I can't see to pour the tea."

"And I can't turn my head because of the arthritis in my neck," says Fred.

"I guess that's the price of getting old," says George.

"Well, it's not that bad," says Mildred. "We should be all thankful that we can still drive."

Weird dream

A guy tells his psychiatrist: "I always have this weird dream at night. I'm locked in a room with a door on which there is a sign. I try to push it with all my strength, but no matter how hard I try, it won't budge."

The psychiatrist muses. "Interesting, but tell me, what does the sign on the door say?"

The guy replies: "Pull."

Work cover

Tom walks into work with a cut on his forehead, and the boss says: "What happened to you mate?"

Tom says: "I took my wife and kids for a picnic in the park yesterday, and I got hit."

The boss says: "That's terrible; did they catch the bloke?"

"No, it was nothing like that," says Tom. "I was standing there in the park wondering why the frisbee kept getting bigger and then it hit me."

Spud night

The Potato family sits down to dinner – Mother Potato and her three daughters. Midway through the meal, the eldest daughter says: "I'm getting married... to a Russet!"

Mrs Potato says: "Oh, how wonderful."

The second daughter says: "I am getting married too... to an Idaho!"

Mrs Potato says: "Oh, how wonderful."

The youngest Potato daughter says: "I am getting married too... to Bruce McAvaney."

"Bruce McAvaney!" the mother shouts.

"Your sisters are marrying a Russet and a Idaho, and you're marrying Bruce McAvaney who always says special?"

The youngest says: "Yes, Mother Potato, I love him."

And Mrs Potato says: "But he is just a common tater."

Dad jokes...

What do you call a deer with only one eye? No eye-deer

Where do you buy chess supplies? At a pawn shop.

What did the wall say to the ceiling? Meet you at the corner.

What did the dog say when he sat on sandpaper? Rough! Rough!

What did Neptune say to Saturn? Give me a ring sometime.

Why should you be careful playing against a team of big cats? They might be cheetahs.

What's tennis players favorite city? Volleywood.

Why does someone who runs marathons make a good student? Because education pays off in the long run.

Why are teddy bears never hungry? Because they are always stuffed.

How do clams call their friends? On their shell phones.



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Puzzle answers (from P20)

TARGET TIME

Answers: agree, eager, eater, egret, erase, gear, grate, grease, great, greet, rage, rate, reggae, reset, rest, seer, SEGREGATE, stagger, star, stare, steer, tare, tear, terse, tree, tsar.


C	U	E	X	P	E	R	I	E	N	C	E	D
A	N	N	E	X	R	E	N	R	E	R		
N	T	U	N	I	T	E	G	E	U			
D	E	R	I	D	E	D	F	R	E	E	D	O
I	U	E	V	E	N		N	I	S			
D	E	E	D		A		S	E	D	A	T	E
Q		A	D	D	I	C	T	E	S	S	A	Y
U		R	E	A	R		E	R	R	S		G
L	I	B	E	L		I	M	P	O	S	E	L
P	O	S	E	R	S		S	T	E	E	M	
B	L	G		H	I	T	S	L	A			
R	A	S	C	A	L	S		D	E	T	R	A
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E	E	E		G	H		M	I	S	E	R	E
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3	1	4	5	2
4	3	1	2	5
2	5	>3	4	1
1	2	5	3	4
5	>4	>2	>1	3

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Benefit of working with a professional trainer

Most of us take our car to a qualified mechanic when it needs a service. When we get sick we visit a qualified doctor and or naturopath and we send our kids to school to be taught by qualified teachers, we all benefit from the expertise of professionals as part of our daily lives, but for some strange reason when it comes to improving our health and more specifically our bodies and fitness we choose to go it alone. Our bodies are the only asset we truly own and our health is our greatest wealth both metaphorically and literally - you can't earn good money if your laid up sick or injured and you do not perform at your best when you are in pain or unwell. Knowing this it would make sense to enlist the help of a qualified personal trainer to keep your mind and body in good shape. Not all trainers are created equally, however with the qualification process being

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



very basic and available almost entirely online there are many trainers out there that have not had the experience of working either in a gym environment or had on the job mentoring from more experienced operators that have invested in ongoing education to improve their skills constantly through out their career. When looking to improve the way you look and feel seek out a trainer that invests in ongoing education and don't be afraid to interview them and check their references/certifications after all your going to hire them for the most important job - ensuring your optimal health.



Think about driveway service

Guys, it maybe time to do some gravelling, not to be confused with grovelling, at home.

It's this time of the year when the driveways can get really boggy, so think about some options at a reasonable price compared with concreting.

Gravel or screenings may be a good choice for you... sometimes it's best to put a compacted dolomite or quarry rubble base down first, and then layer the metal to help suppress the weed growth.

It doesn't hurt to spray the soil with weed killer before applying the base. Some try plastic, but this can easily tear and the weeds somehow find their way through the holes.

There is a good range of gravel or screenings to suit your driveway with the most popular being grey and white. The yellow stone from Yankalilla is definitely worth considering, as is the limestone gravel from Goolwa quarry and the blue quartzite.

The best thing to do is measure the area that needs covering, including the depth, and ask the team at DSM who can give you a guide as to how much to order.

Most people tend to go for concrete driveways, but they are not without their maintenance especially if you have visiting ducks. Make sure you wash off their mess as quickly as possible, particularly if the concrete is a light-colour mix. The stains can last a long time.

If you go for the gravel or screenings, give consideration to the rest of your garden if you also have stones in there. It may not look right if, say, everything is covered in white screenings.

There is no escaping little weeds completely because the smallest start growing from dirt that over time gets into the screenings. Just keep spraying the weeds every second or third time you cut the grass or whatever, and it doesn't become a huge or obvious issue.

Hopefully, you also don't need to do some grovelling.

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Most of us are cold and prefer to stay indoors and keep warm. Unfortunately, this has resulted in a drop in volunteer enquiries. What a shame because even though it's winter there are still many people in our community who desperately need the help and support provided by wonderful volunteers to brighten up their lives. Have you considered volunteering, but were waiting for spring? If so, please think again because...

we need you NOW!

If you live in, or can easily travel to Port Elliot, have a few spare hours each week and are a compassionate person, please note the Adventist Development & Relief Agency (ADRA) is looking for volunteers at their Op Shop in various roles including at reception, driving to deliver and collect furniture items, sorting & pricing goods. You will be warmly welcomed into the organisation by an existing team of wonderful & caring volunteers.

Contact: Jackie Horton at Southern Volunteering 0488 124 840

A 'thankyou' can change the world

Matthew Brehin and Sam Bailie are likeable, well-mannered Year 6 students at Investigator College who believe in a "thank you" far more than we may imagine.

Thankyou is also a trade mark name for an Australian social enterprise that uses all of the profits of its products – like bottles of spring water and body care products – to fund life-changing programs including education and training in hygiene and farming, plus the construction of permanent safe water supplies to villages in under-developed countries.

Their Y6 teacher, Carolyn Pynor, had been working with her class testing the theory that if everyone played a part we could change the world.

Many of the students either purchased a Thankyou book outlining products from which the sales help the international cause, or spread the word with family and friends via the college's Facebook page. Part of the experiment was to see how quickly and widely the message would be spread – the power and responsibility of social media.

And with the gifts from the sales of Thankyou products the class started its own social business enterprise and has so far raised more than \$300 for people in under-developed countries.

Matthew and Sam went even further by asking canteen manager Sonja Ledgard to stock bottles of Thankyou water in the



canteen to boost business, and Matthew then approached the Thankyou company informing the co-founder of their trade and requesting more information how they could expand their support through the canteen.

The co-founder, Daniel Flynn, of Melbourne, was so impressed by Matthew's letter that he sent additional promotion items to the school and sent him a personal letter of appreciation for his foresight and determination to change the world.

"So many people don't have enough food or water and I just wanted to help," Matthew said.

"I am really happy because we are making a difference to the world right here in our school."

Carolyn said it was exciting to see the Facebook post 'liked' and 'shared' and how proud the students felt at being able to inspire others to help and share the word as they watched the live fundraising feed from Thankyou.

Sonja said the school and canteen helpers were so proud of the children. "They have been the driving force in getting us to stock the Thankyou," she said. "What was really interesting was to find that we were the first school in the state to support Thankyou through the canteen."

Visit: <https://thankyou.co/>



Thank you to... (back, from left) Leah, Conner, Imogen, Tom, Mikayla, Georgina, Charlie, Mrs Pynor, Taneisha. Front: Judd, Matthew, Ryan and Seth.

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Star Trek Beyond

(CTC) Action movie starring Chris Pine, Zoe Saldana, Idris Elba, Simon Pegg and Sofia Boutella. Directed by Justin Lin. 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. 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. Concludes August 10.

Jason Bourne

(CTC) Action movie starring Matt Damon, Alicia Vikander, Julia Stiles and Tommy Lee Jones. Directed by Paul Greengrass. 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. Concludes August 17.

Absolutely Fabulous

(CTC) Comedy starring Joanna Lumley, Jennifer Saunders, Julia Sawalha and Kate Moss. Directed by Mandie Fletcher. Appropriate for their big screen debut, Edina and Patsy are still oozing glitz and glamour, living the high life they are accustomed to; shopping, drinking and clubbing their way around London's trendiest hotspots. Blamed for a major incident at an uber fashionable launch party, they become entangled in a media storm and are relentlessly pursued by the paparazzi. Fleeing penniless to the glamorous playground of the super-rich, the French Riviera, they hatch a plan to make their escape. Commences August 5.



Suicide Squad

(M) Superhero movie starring Margot Robbie, Jared Leto, Will Smith and Ben Affleck. Directed by David Ayer. It feels good to be bad... assemble a team of the world's most dangerous, incarcerated Super Villains, provide them with the most powerful arsenal at the government's disposal, and send them off on a mission to defeat an enigmatic, insuperable entity. U.S. intelligence officer Amanda Waller has determined only a secretly convened group of disparate, despicable individuals with next to nothing to lose will do. However, once they realise they weren't picked to succeed but chosen for their patent culpability when they inevitably fail, will the squad resolve to die trying, or decide it's every man for himself? Commences August 5.



Bad Moms

(CTC) Comedy starring Mila Kunis, Kristen Bell and Christina Applegate. Directed by Jon Lucas and Scott Moore. When three overworked and under-appreciated mums are pushed beyond their limits



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they ditch their conventional responsibilities for a jolt of long overdue freedom, fun, and comedic self-indulgence. Commences August 12.



The Meddler

(M) Comedy starring Susan Sarandon, Rose Byrne and J.K. Simmons. Directed by Lorene Scafaria. The Meddler follows Marnie Minervini (Susan Sarandon), recent widow and eternal optimist, as she moves from New Jersey to Los Angeles to be closer to her daughter (Rose Byrne). Armed with an iPhone and a full bank account, Marnie sets out to make friends, find her purpose, and possibly open up to someone new. Commences August 12 (one week only).



The Shallows

(CTC) Thriller starring Blake Lively, Oscar Jaenada and Sedona Legge. Directed by Jaume Collet-Serra. Nancy (Blake Lively) is surfing alone on a secluded beach when she is attacked by a great white shark and stranded just a short distance from shore. Though she is only 200 yards from her survival, getting there proves the ultimate contest of wills. It's Jaws for a new generation. Commences August 19.

Ben-Hur

(CTC) Drama starring Jack Huston, Morgan Freeman and Toby Kebbell. Directed by Timur Bekmambetov. The film returns to the heart of Lew Wallace's epic novel focusing on the nature of faith. The story follows a falsely accused nobleman who survives years of slavery to take vengeance on his best friend who betrayed him. Both must come to choose between retribution or forgiveness. Commences August 26.



Hello, my name is Doris

(M) Drama starring Sally Field and Max Greenfield. Directed by Michael Showalter. After the death of her mother, Doris, an isolated 60-year-old woman, becomes motivated by a self-help seminar to romantically pursue a younger co-worker at a hip Brooklyn clothing company. As she finds ways to connect with John (going to an electronica concert, hanging out in hipster coffee shops), her authentic retro style thrusts her into the spotlight of the local hipster social scene and she soon gets caught up in the world of chocolate bar haikus and rooftop knitting clubs. But her other relationships suffer as a result of her new found popularity and Doris has to realise that what she wants isn't necessarily what she needs. Commences August 26 (one week only).



David Brent: Life on the Road

(CTC) Comedy starring Ricky Gervais, Jo Hartley and Tom Bennett. Directed by Ricky Gervais. We find out what Brent is doing now and what's happened in the last 15 years since his redundancy from his beloved Wernham Hogg. He's a sales rep now, selling cleaning products up and down the country, but has never really given up on his dream of being a rock star. Commences August 26.



Sully

(CTC) Drama starring Tom Hanks, Laura Linney, Aaron Eckhart and Jerry Ferrara. Directed by Clint Eastwood. The story of Chesley Sullenberger, who became a hero after gliding his plane along the water in the Hudson River, saving all of his 155 passengers. Commences September 9.

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Just a thought... Live each day as if it were your last; one day you will get it right.

Red Cross Letters Thursday, August 11



The Red Cross Letters at Centenary Hall, Goolwa from 7.30pm. This is a profoundly moving insight into the human cost of the Great War for those who waited at home presented by The State Theatre Company of South Australia. It is based on a collection held at State Library of South Australia for the past 96 years, and incorporates material from letters (recently digitised from over 8000 case files) sent to the South Australian Red Cross Information Bureau during WW1 by Australians seeking news of their loved ones on the front and the replies. The correspondence includes eye witness accounts from military commanders, soldiers, medical staff and mates who fought alongside the lost or wounded. Devised by award-winning playwright Verity Laughton, The Red Cross Letters evokes the human aspects of the Great War in vivid detail. Words reach across time, creating a profound connection between the present and past, intimately bringing these experiences alive. This unique interpretation of compelling material will be directed by Andy Packer and feature a live score performed by Matthew Gregan. Adults \$40; concession \$35. Bookings: Goolwa Visitor Information Centre or 1300 466 592

or www.visitalexandrina.com Some violent themes – recommended for 14 years and over. www.statetheatrecompany.com.au

Tuesday, August 9

The Fleurieu Support Group, a magnificent supporter of the Royal Flying Doctor Service, is holding its Women of the Fleurieu Dinner at the Fleurieu Function Centre, Barrage Rd, Goolwa at 7 for 7pm. Guest speaker is Bron Lang, who spent five years volunteering in Uganda for Australia HOPE International as a field liaison officer. Two course meal is \$30; bookings essential. T: Jenny 0418 824 594 or e: fleurieusg@outlook.com

Saturday, August 13

Head on out to Parawa for a night of toe-tapping fun at the bush dance featuring toe tapping tunes by *Diddychwy*. There will be a barbecue supper, raffles and door prizes. Bring your own drinks and nibbles. This will be a night of fun for the whole family. If the dancing gets too much you can chill and relax by the bonfire. Tickets at Yankalilla Visitor Information Centre; adults \$15, children (6-14) \$5.

August 13-14

Cellar Treasures is the biggest weekend in the Langhorne Creek Wine Region – your once a year chance to enjoy (and buy) the best of the regions' museum wines. Cellar doors are open for free tastings 10am-5pm both Saturday and Sunday. Visit: www.langhornecreek.com

Saturday, August 20

The Strathalbyn Antique Fair will be held at various venues around Strathalbyn on the Saturday from 10am-5pm and Sunday 10am-4pm. An initiative of the progressive Strathalbyn & Lakes Tourist Association, this is South Australia's premier regional antique fair event with sales, displays and collections featured. The Town Hall will be set up as a professional exhibition hall and will host a variety of dealers. Live entertainment throughout the fair. Free shuttle bus to all venues included with hall admission fee: \$12 pp per day entry to all exhibitor halls (day wristband); \$15pp 2-day entry to all exhibitor halls. (weekend wristband); children under 18 free. Please note that the Show Hall will be not be used for by Antique traders this year, instead it will be open for the Sunday Treasure Market dealers as an indoor venue. Visit: www.slta.asn.au/antique-fair

Friday, September 16

The Fleurieu Peninsula branch of the Austrlians in Retirement (AIR), a not-for-profit association for independent retirees with 47 branches across Australia, meets in the Newland Church Hall, Victoria St, Victor Harbor on the third Friday at 10am of alternate months, with its next meeting on Friday, September 16. The group is committed to working with government to represent the interests of members, and



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sharing information with members relating to retirement planning, financial education, healthy lifestyles and aged-care planning. Further information: Branch president: Helen Withers: 8554 2117.

Market trail

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.

Crows supporters sportsman's night

Dual Adelaide Crows premiership player Nigel Smart will be the guest speaker at the club's Fleurieu Supporter Group sportsman's night at the Victor Harbor Golf Club on Tuesday, August 24 at 5.30 for a 6pm start.

Smart played 278 AFL games for Adelaide from 1991-2004 starting with its first-ever game against Hawthorn, and is currently its chief operating officer.

The cost of the dinner is \$25 for supporter members, and \$30 non-members, and includes a two-course meal with drinks available at the bar. Tickets are available from Judy Bray at Victor Harbor Tyrepower, 170a Hindmarsh Rd, Victor Harbor, or from the front of the Victor Harbor Post Office, Ocean St on Thursday, August 4 and Friday, August 12 from 10am-2pm.

Proceeds from the dinner will go toward Indigenous sports programs created by AFL and club great Andrew McLeod.



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MECHANICAL SERVICES

Apple & Raspberry Cream Cheese Scrolls

Ingredients

50g cold dairy soft spread
2 cups self-raising flour
¾ cup milk
½ cup spreadable cream cheese
Cinnamon for sprinkling
1 large apple (or 2 small)
1 cup raspberries, fresh or frozen
2 tablespoons caster sugar
Flaked almonds (optional)

Method

Pre-heat oven to 200°C. Line baking tin or tray with baking paper (you may need two). Rub the dairy soft spread into



the sifted flour until the mixture resembles fine breadcrumbs.

Make a hole in the centre, and add the milk. Using a round-blade knife, mix to a soft dough. Turn out onto a lightly floured board and knead gently. Roll

dough into a rectangle approx. 1cm thick and about the size of an A4 sheet of paper (21cm x 30cm). Spread the dough with the cream cheese, then sprinkle with cinnamon. Peel, core and grate the apple. Drain off any

liquid and distribute evenly over the pastry. Top with raspberries and sprinkle with sugar. Holding the long side of the pastry sheet, roll the dough into a sausage-shape and cut into slices approx. 2cm thick - with a sharp serrated knife (wipe knife on paper towel after each cut).

Place on prepared trays or tins, leaving space to expand. Sprinkle with chopped flaked almonds, if desired. Bake at 200°C for 20-25 minutes or until golden and cooked. Can be eaten warm or cold. Makes about 12 scrolls.

Note: If using frozen raspberries, defrost and drain off any excess liquid. When rolling the dough press down a little so that scrolls hold their shape. Scrolls should be baked in a moderately hot oven - temperature and cooking time can be adjusted to suit oven.

Scallop Mornay

Ingredients

1 small onion, finely chopped
½ finely chopped celery
¼ cup finely chopped red capsicum
1 tablespoons butter
300g scallops
100g field mushrooms, sliced
1 cup Penko breadcrumbs
1 tablespoon butter, extra
1 tablespoon grated cheese
White sauce



1 tablespoon butter, melted
1½ tablespoons plain flour
1 cup milk

Method

In a pan saute onion, celery and capsicum in butter over medium heat, until onion turns transparent. Add scallops and mushrooms, saute on medium

heat for a further 5 minutes or until scallops are transparent, stirring occasionally. (Do not overcook or scallops will become 'rubbery').

Meanwhile, prepare white sauce. Melt butter in a large saucepan over medium heat. Stir in flour and continue stirring for 1 minute. Gradually add the milk, stirring continuously until sauce thickens. Reduce heat and simmer for a minute. Whisk gently with a hand whisk, to remove any lumps.

Pour scallop mixture into the white sauce, stirring gently to combine. Pour into a casserole

dish or individual ramekins. Sprinkle Panko breadcrumbs and grated cheese on top, and dot with extra butter.

Place under griller for a few minutes, until crumbs are golden. Serve with rice. Serves 2.

Mornay is best made just before serving. If reheating do so in a moderate oven (about 160°) until heated through. Not suitable for reheating in microwave oven. If using frozen scallops, after defrosting drain off any liquid and dry on paper towel. Fresh or dried breadcrumbs can be used in place of Panko crumbs.

Goolwa & Victor Harbor
www.investigator.sa.edu.au

Investigator COLLEGE

Reception to Year 12
OPEN DAY

Wednesday 2:30pm - 5:30pm
21 September

Come and see how we Inspire!

In our July edition of Coast Lines we presented a feature on nutritionist Lelita Baldock, of Goolwa North, on preparing cost-effective health food for the family. Here are another two of her wonderful recipes. Thanks Lelita!

Pumpkin, pea & spinach frittata

A light and fluffy frittata that ends a busy day well. It's high in vitamin A, protein, fibre and B group vitamins, and is great as leftovers for breakfast or lunch.

Ingredients

8 whole eggs (2 eggs per person so can extend with extra eggs!)
1/4 cup low fat milk
1 cup chopped pumpkin
1 cup frozen peas
1 cup chopped spinach (or silverbeet, kale)
60 grams chopped feta
1/4 grated cheddar cheese
Spray oil
Salt and pepper to taste

Method

Place pumpkin and peas in a microwave proof bowl and microwave on high for 2 minutes.
Crack all eggs in a bowl, add milk, salt and pepper and whisk to combine.
Grease a oven tin with a spray of olive oil. Spread cooked pumpkin and peas over the oven tin. Add spinach and feta evenly over the top of pumpkin and peas.
Pour egg mixture over vegetables, and sprinkle with grated cheese.



Place in oven and bake at 180 degrees C for around 30 mins (depending on oven strength) Frittata is cooked with egg is firm and top is golden brown.
Serve with a side salad and a slice of toast.
Serves: 4 Ready in 20 mins.

Vermicelli noodle & chick pea soup

Nutty, warming a veggie packed comfort dish. Ready in 10 mins; serves: 2
Nutritional highlights: high in fibre, protein, vitamins and minerals.

Ingredients

1 cup cooked or can of chickpeas (drained, rinsed)

1 small packet of vermicelli noodles
1 cup spinach
1 tomato, chopped
1 cup Chinese cabbage (other cabbages work well also)
2-3 cups water (start with 2, add more water if needed for 'soupy' feel)
1 tsp chicken stock powder
Sprinkle cayenne pepper to taste

Method

Place all dry ingredients in a saucepan. Boil water in kettle.
Pour 2 cups over ingredients. Add stock powder. Stir and cook on a low heat for 5-10 minutes until noodles are soft and glassy in appearance.
Serve into bowls and enjoy.



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