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February, 2017 Vol. 6 #84

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HOME LIVING

## Cover

Yep, it's only February and footy is back – with a big difference. The AFL will launch its first women's season with



Collingwood playing Carlton on Friday night, February 3, and the Adelaide Crows playing GWS Giants on Saturday, February 4 at Thebarton Oval at 4.35pm. And for the first time we will have our own women's football competition involving four teams from the Great Southern Football League. Pictured representing the clubs are (from left) Taylah Levy, 15, of Victor Harbor, Kaitlin Purcell, 20, Strathalbyn, Brooke Lang, 13, Encounter Bay, and Sarah Burns, 14, Willunga.

**FULL STORY: P6**

## This year

The United Nations 70th General Assembly designated 2017 as the International Year of Sustainable Tourism for Development. This is a unique opportunity to raise awareness on the contribution of sustainable tourism to development among public and private sector decision-makers and the



public, while mobilising all stakeholders to work together in making tourism a catalyst for positive change.

## This month

Guys, don't forget this... get on the mobile to Allira Florist in Victor Central Shopping Centre 8552 3954 and buy your sweetheart flowers for St Valentine's Day on Tuesday, February 14.



Valentine's Day, also called the Feast of Saint Valentine, originated as a Western Christian liturgical feast day honoring one or more early saints named Valentinus, and is recognised as a significant cultural and commercial celebration in many regions around the world.

There is a popular account of Saint Valentine of Rome indicating he was imprisoned for performing weddings for soldiers who were forbidden to marry and for ministering to Christians, who were persecuted under the Roman Empire. According to legend, during his imprisonment Saint Valentine healed the daughter of his jailer, Asterius, and before his execution he wrote her a letter signed "Your Valentine" as a farewell.

The day first became associated with romantic love within the circle of Geoffrey Chaucer in the 14th century, when the

tradition of courtly love flourished. In 18th-century England, it evolved into an occasion in which lovers expressed their love for each other by presenting flowers, offering confectionery, and sending greeting cards (known as "valentines"). And so we have spent millions on cards every year ever since.

## Special events

**The don't wait until it's too late** campaign will be run nationally throughout February by Bowel Cancer Australia [www.bowelcancer.org](http://www.bowelcancer.org)

**5-11:** National Tube Feeding Awareness Week presented by ausEE, an Australian charity supporting those with Eosinophilic Gastrointestinal Disorder (EGID). [www.aussee.org](http://www.aussee.org)

**13-19:** Australia's Healthy Weight Week – Dietitians Association of Australia. [www.healthyweightweek.com.au](http://www.healthyweightweek.com.au)

**14:** National Wear Red Day – Heart Research Australia. [www.heartresearch.com.au](http://www.heartresearch.com.au)

**15:** International Childhood Cancer Day – [www.thetruth365aus.org](http://www.thetruth365aus.org)

**15:** World Cholangiocarcinoma Day – Cholangiocarcinoma Foundation. [www.cholangiocarcinoma.org](http://www.cholangiocarcinoma.org)



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## No cows so our campdraft moo-ved

Organisers of the annual Strathalbyn campdraft (featured in our January edition) were regrettably forced to change and postpone the event at the last minute to Tailem Bend on February 25-26.

For the first time in the event's 10 year history there were no cattle available to muster from the pens because of sale of stock with a sudden uplift in market demands. More than 800 beasts are needed for a campdraft, and because the sport genuinely cares for their well-being it enforces a strict policy of not using them more than once.

The event is now being held just before Tailem Bend from Murray Bridge on the corner of Princes Hwy and Jaensch Rd.

## Help Andrew raise \$1m for DEBRA

When Kate Turner, who touched the hearts of many during her life-long brave fight with Epidermolysis Bullosa (EB), died last year Adelaide businessman Andrew Byszczak was inspired by her story that last July he launched a solo charity run.

The event is The Million Dollar Run over nearly 2900km from Adelaide to Brisbane to raise \$1m for DEBRA Australia which helps people with this cruel disease. Victor Harbor will host its run on Sunday, February 5 starting from Kent Reserve.

Entries have closed, but you can still support Andrew's amazing bid by going to his website and clicking on "donate" – [www.themilliondollarrun.com.au](http://www.themilliondollarrun.com.au). Thank you.

# Have a seat and enjoy a fabulous Festival

Once again the Fleurieu Coast is opening its art heart with its Festival Fleurieu from April 14-30.

The program featuring 116 fabulous events and exhibitions across more than 50 venues was launched by popular children's entertainer and musician Peter Combe at Second Valley Beach this week with a promise of a kaleidoscope of colour, music, the arts, culture, history, gastronomy and the environment.

The multi-award winning 2015 festival carried a creative theme of doors, and this time local businesses, community groups and residents are encouraged to further brighten the region with vividly-coloured chairs.

Festival Fleurieu chair person Jane Mitchell said the organisers would love to see doors and quirky chairs in each hamlet to symbolise the arrival of the festival.

"This is a chance for the whole community to express, engage and participate," Jane said. "We encourage locals and visitors to sit a while and experience what we have to offer." Festival Fleurieu coordinator Jill Langford said the 2017 program had something for everyone.

"Music lovers will be spoilt for choice with offerings ranging from an award winning classical quartet to a whole weekend of rock



'n roll," she said.

"Talented vocalists and musicians will entertain guests at soirees and this festival introduces the newly formed Festival Fleurieu choir.

"Young people will be enchanted by a special visit from members of the Adelaide Symphony Orchestra who are presenting an interactive concert and, once again, our artistic region will be on show with talented artists welcoming visitors to their studios. For literature lovers, there will poetry readings and book launches."

Other members of the Festival Fleurieu board are Maurene McEwen, Barbara Pettigrew, Chris Rann and Joy Whellum, who are supported by other equally dedicated and enthusiastic planning group members Gilbert Dashorst, Ian and Jenny Jenkinson, Karen Putland, Jacqui Salkeld, Judith Sweetman and Carmel Taylor. ■

[www.festivalfleurieu.com.au](http://www.festivalfleurieu.com.au)

## The caravaners. They're migrating again!

The 'lucky devils' should see Amos Zadow at the Goolwa Caravan Centre for a pre-winter caravan service before following the sun

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## It seems one jumbler's junk is another jumbler's treasure

Victor Harbor is still living in the past? No, it's just an illusion, especially when you see this garage door at the local Historic Motor Vehicle Club.

The club engaged local signwriter Darren Hart to produce this brilliant graphic design work (above) to get into the theme of what this 47-year-old club is about – everything relating to old cars.

The quaint decorating of an otherwise ugly shed has received wonderful comment from residents. Pictured in front with their ute is Malcolm and Jenny Haythorpe, and as key organisers of the HMVC's annual Autojumble

Swapmeet at Encounter Bay Oval on Sunday, February 5 they certainly know their old stuff. The swapmeet is one of these great days where car and motorbike enthusiasts gather at seven o'clock and lay out their bits 'n pieces (don't even think about calling it junk) and hope to sell or swap it for what they need in their own special project in the backyard shed.

It's a brilliant attraction for vehicle restorers, collectors of trash, rare treasures and antiques featuring more than 200 stalls and selling sites on the oval. This year the club is also inviting locals to bring a carload to sell on the day – and that probably really is junk. If you're looking to buy something, make sure you are there early because by the time most of us get out of bed these autojumbler have been and gone. These guys don't mess around.

Special attractions will include a Show and Shine display of cars, motor cycles, hotrods, modified cars and vintage caravan and classic car combinations. Car parts, automobilia, garagenalia, antiques, collectables and other interesting items will be on sale.

The Encounter Bay Football Club is also part of the fun day providing full catering of hot food and drinks. Entry is \$5 for adults, children under 12 free. Sellers stalls are \$15. Enquiries on being a seller can be made on 0488 528 331.

For the record, the make believe petrol bowsers are very much like the real thing; they pour petrol at unbelievable prices. ■

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

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## Coast Lines

Established 2011

Coast Lines is published by Ashley & Jenny Porter trading as Oscar Publications  
ABN: 36 199 338 125

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Coast Lines values its advertisers who make this magazine possible. To guarantee advertising space for our March edition, bookings by Friday, February 10, and artwork by Wednesday, February 15. As always, thank you for any consideration in regards to advertising.

**DISTRIBUTION:** We deliver 5000 copies to 128 outlets on the first Thursday of each month to: Strathalbyn, 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.

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# Sharing the AFL dream

Who would have thought so far this decade Julia Gillard would be our first female prime minister, Chelsea Roffey the first AFL female goal umpire, Michelle Payne the first woman jockey to ride a Melbourne Cup winner, and women could be deployed to frontline combat positions in times of war. Now we have the first-ever AFL women's competition starting with traditional rivals Collingwood and Carlton clashing tomorrow night, Friday, February 3, followed by the Crows and Giants at Thebarton Oval on Saturday.

Locally, come Sunday, March 19 we will have our own first women's football competition starting with a carnival involving Great Southern Football League clubs Encounter Bay, Strathalbyn, Victor Harbor and Willunga. What next, Dame Edna taking over the stage from Barry Humphries? In 1964 Bob Dylan sang The Times They Are a-Changin' – and obviously they still are.

Despite many other once male-only sports like soccer, cricket and hockey having highly successful women's competitions for many years, there has been much scepticism about this historic AFL move with a rippling effect now along our south coast.

It represents a huge financial windfall for the eight AFL clubs involved because the expenditure is relatively low compared with the normal AFL competition, and

corporations are falling over themselves to be seen as sponsoring women's sport and having a back-door entry into the AFL.

Locally, Grant Levy, chair of a group of local GSFL clubs putting their own history in place, believes this new competition for U12, U15 and a combined U18-open levels played over nine weeks is simply a chance for girls across the Fleurieu Peninsula to follow that AFL pathway.

"It's about girls having the opportunity to have fun playing a sport they have always loved," Grant said.

"There is a lot of crossover from other traditional girls' sports, but there are also a lot who haven't been playing any sport. They've grown up with their dad, brothers and perhaps a partner and want to be part of this game. It is giving another opportunity for another mainstream for all of our clubs."

The move to introduce women's footy in the region started by the Victor Harbor Football Club, at which Grant has enjoyed a long and overall successful association, with fruitful discussions with Encounter Bay, Strathalbyn and Willunga. There has also been strong interest from Goolwa-Port Elliot and Mount Compass.

"We invited all clubs to have a chat, and the overall response was outstanding," Grant said. "It's about clubs working together for the betterment of football."

"When I was trying to run around having a



“

*We have prided ourselves on being family clubs for a long time. To have girls participating as well, and with them feeling more at home within a clubroom environment can only be good for local football.”*

– Grant Levy

game years ago the bar used to generate the income at footy clubs, and I think every club would have been the same.

“But in this day and age the guys don't drink – maybe at a function or if it is organised. Nowadays they don't stick around their footy club and drink and drive; they are far more responsible, and that is a great thing for them and the community.

“Every club encourages that good behaviour. Most would just have a glass of water at the club, so you need to generate income from somewhere else.

“We have prided ourselves on being family clubs for a long time. To have girls participating as well, and with them feeling more at home within a clubroom environment can only be good for local football.

“Some people may see it as a shock having women's footy, but we have had other sports for both men and women for a long time and with great success. We have changed as a sporting society.”

The new local women's competition will implement existing South Australian Women's Football League rules for each grade, including the U12s not being allowed to soccer the ball – they have to pick it up so they can develop their skills and don't start with a bad habit.

The U12s games will be on half an oval, possibly enabling two games at once; U15s on a full oval but if there are fewer than 15 players it will be on a three-quarter oval, and the U18-open grade will be a full oval. Clubs will adjust their changeroom situation accordingly.

“If we only get nine players per team we are happy to play with that,” Grant said. “It's about kids playing sport.

“We have a lot to work through, but the problems aren't so big they cannot be resolved. The real pleasing thing is that this is not being driven by one club, but a group of clubs. I can visualise that once we get this competition up and running the GSFL will take it over, which would be good – it is their branding. For this to succeed we need club people at the start to get it off the ground.”

Kaitlin Purcell, 20, a qualified Level 1 football sports trainer and coach, and has played football for five years at Port Noarlunga, Mount Barker and more recently as a playing coach at Strathalbyn, said the new local competition was exciting because it was a pathway for young girls to play at the new highest level, the AFL.

Women's football has been very strong at metropolitan club level in Victoria and Western Australia for a long time – they would be 20 years ahead of SA – and generally the sport has long gone beyond the days of there being a connotation that if a girl plays football she is likely to be gay. Today's society is far more tolerant whatever the situation may be, and there is also now a significant number of girls involved in men's football as trainers, stewards and in administration.

Kaitlin said having a women's team will make it even more comfortable for a girl to be accepted at a football club. “No one will think anything of a girl being there,” she said. “As a girl, whether you gain respect from everyone else in the club depends largely on

## The Adelaide Crows draw in the 2017 AFL NAB Women's Competition

R1: Sat, Feb 4 – Crows v GWS, Thebarton Oval, 4.35pm

R2: Fri, Feb 10 – Western Bulldogs v Crows, Whitten Oval, 7.05pm

R3: Sun, Feb 19 – Crows v Carlton, Thebarton Oval, 11.35am

R4: Sun, Feb 26 – Fremantle v Crows, Fremantle Oval, 6.35pm

R5: Sat, March 4 – Crows v Brisbane Lions, Norwood Oval, 6.40pm

R6: Sat, March 11 – Crows v Melbourne, TIO Stadium, 5.40pm

R7: Sun, March 19 – Collingwood v Crows, Olympic Park, 1.35pm

the way you conduct yourself.

“If you don't make the right choices you are not going to gain the respect regardless,” she said. “It will be something I will be talking to my girls about. If we don't retain our personal respect there is no way we will be looked at as a footballer.”

*The GSFL clubs are working closely together in the best interests of the game, and are quite happy if girls want to start at one club and move back to their preferred club once it establishes its own women's team. If you are interested in playing women's football at U12, U15 or U18-open levels, please contact either:*

*Jamie Lang (Encounter Bay) 0433 879 580; Kaitlin Purcell (Strathalbyn) 0456 917 758; Greg East (Victor Harbor) 0428 847 792; or Terry Corcoran (Willunga) 0439 080 387. ■*

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Some may remember the challenges we faced entering adolescence, and in this ever-changing social media world and expectation things are not easier. There is, however, a wonderful guide to a better way on...

# The rite journey

There was a smash hit in 2001 about it's not easy being Superman, and schoolteacher Andrew Lines sympathises with the notion as he talks about challenges facing our post-millennials.

He says the responsibility for building young people is flying out the home window at the speed of light. It is not a blame game. Everyone is busy; devices like iPhones are stopping us from engaging with surrounding humanness, clouding realisation as to whom we all really are.

Frightening, really, so when Andrew was teaching at Cornerstone College in Mount Barker about a decade ago the seed to rescue the world was planted. It started during a discussion with his home group when he realised a few boys had tendencies to be sexist, homophobic and racist.

"I noticed with them that their dad wasn't around, or they had a step-dad whom they just didn't get along with," Andrew recalled.

"At the time I was reading a chapter in a book *Manhood* by Steve Biddulph about teachers playing a co-parenting role. I thought maybe I needed to step up and be the bloke with these boys and have a few conversations."

This experience inspired Andrew to create a program *The Rite Journey* which remarkably has expanded to almost 100 schools in



“

*At the time I was reading a chapter in a book *Manhood* by Steve Biddulph about teachers playing a co-parenting role. I thought maybe I needed to step up and be the bloke with these boys and have a few conversations.”*

– Andrew Lines

girls taught separately helping them to recognise their role in the society; how they are meant to behave as they develop from being a child into young adulthood and confront the rest of the world.

The concept started as a term thing, having conversations with boys about being a decent bloke; dealing with anger, treating women properly, what the expectations were in society about being a man.

It led to a year-long rite of passage program thanks to huge input by fellow educators Graham Gallasch, Amrita Hobbs and Jane

Australia, Belgium, New Zealand, South Korea and the United Kingdom. More than 50,000 students have gone through the program since 2006, and there will be another 8000 in 2017.

Investigator College will this month introduce the program at its Goolwa campus. It is a non-academic course for Year 9 boys and

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Bennett, whose commitment to supporting adolescents through challenging times is equally passionate.

When researching the program Andrew realised that of the five life moments traditionally ceremonialised – birth, child to adult, marriage, adult to elder, and death – it became clear that in the western culture we still didn't do anything about celebrating and honouring moving into adolescence and old age.

"We don't go to old-folks homes and sit with the elders and turn to them for wisdom," Andrew said.

"When I was a kid there fewer situations of both parents working, and I am definitely not suggesting that is right or wrong; it is a now a common necessity. I am just saying we need to know how to deal with this. Schools are almost the last hub or connected community of souls where everyone has a connection.

"We have become more segregated into our homes. The saying it takes a village to raise a child is not happening as much now. The kids don't play out on the streets; they don't see how other families interact. As a kid I had to engage with a mate's parents first before I could go to his place and play. The phone was stuck to the wall in the kitchen; I had a conversation with other adults, and that's all bypassed.

"With the school program there is a need for the teachers to give something of their self, and that is not always an easy thing to do. There is a great quote from an author Brené Brown: *In times of struggle the most important two words are 'me too'*. There



Investigator College head of middle school Jodie O'Donnell (centre) with Year 9 students (from left) Jasmin Grist, Eliana Lequesne, Ethan Pratt, Alicia Crowhurst and Nik Tyllis who are looking forward to *The Rite Journey* program this year.

needs to be a connection with someone else who has had the experience, and as teachers we want the kids in the class and look at us to realise that we had to endure to get to where we are, that it hasn't been smooth sailing."

And here lay another great challenge – coping in an era where society generally shields its children too much without helping them to meet their own challenges.

Andrew, who with his wife Becky has a blended family of seven children aged 5-21, believes there is a lot of helicopter parenting where kids aren't taking risks. "We are protecting them," Andrew said. "We are rescuing them too early because we don't want them to experience hardship.

"To build resilience you actually have to fail. We have to provide opportunities for kids to come up against this stuff. In the old days as a kid you assessed where the boundaries and dangers were and self-managed the situation, whereas we now put up these nets and kids bounce around and do anything.

"I realised that we need to go back to the early years; it starts at two or three when at the end of the day they pick up their toys and

put them back in the box. At eight it might be you make the school lunch and at nine learning to use the washing machine. We have been babying kids all the way through.

"There are these little shifts... living with a child mindset to living with an adult mindset. The child psychology says life is easy, and I say, if you are living with that you are living as a kid. The adult mindset says life is difficult. And you know what? The irony is that as soon as you say life is difficult it is actually easier because you will just deal with the next thing that comes along."

"Overall, I look at *The Rite Journey* program as shining a light on stuff about adulthood that is typically hidden. It is having conversations about creating your own experience. If you want to go through life complaining about everything then that is what your life is about, but you can also go about being positive and enjoy life."

Andrew believes an inability to converse with those closest to you is one of mankind's greatest misgivings.

Continued P10



## Your local Victor Harbor team is in tune with you and your car...

Your local team (from left) Shane Mitchell, and proprietors Steve Conder & Tony Caruana



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# Ultra Tune

Auto Service Centre



From P9

This common thread through society led to Andrew successfully applying for a grant to create the *Manmade Toolbox... growing great men*. It is sold through his website, and basically consists of a box of question cards where a father or child turns a card over and reads a question to the other – things like “Do you know your birth story?” or “What is one of your happiest moments?”

“There are a whole lot of questions about life that creates conversation,” Andrew said. “I discovered that dads and their kids didn't know what conversations they could have with each other. There is nothing in the box

that a father and son couldn't chat about. Women are also buying the toolbox so they can get to know their partner.”

Goolwa Campus head of middle school Jodie O'Donnell, and home group teacher Jacob Crate will lead *The Rite Journey* program at Investigator College involving about 45 students. There is a smorgasbord of talk, at least 150 enlightening conversations with a natural starting order: Who am I really? It deals with rites of passage and the time to put aside the childishness when you are 14 or 15 and start becoming a young adult. Jodie said the program was not about the school, and marking them on this course.

“It's what the students do when they are out in the rest of the world,” she said.

“It is about talking to children in an adult way, treating them as young adults and helping them to understand the responsibility that comes with that.

Andrew said *The Rite Journey* was about students discovering their inner-self, and adapting to the confronting challenges of life. Much like Clark Kent, really. ■

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## Fleurieu Film Festival finalists named

The second Fleurieu Film Festival at Serafino Winery on Friday-Saturday, February 10-11 promises to be as brilliant as last year's successful, sold-out event.

Judging for the final 10 short films has been completed and on offer is \$15,000 worth of prizes across nine awards, including Best Film and Best Documentary, plus seven craft categories.

Festival director Alison Alcock said it was particularly pleasing that four of the final 10 films were made specifically for this event and incorporated the 2017 theme *Water*.

“The driving force behind the festival is to encourage short filmmaking, especially in the region and it seems we have struck a chord,” Alison said. “This is a fabulous showcase, not just for the Fleurieu but for South Australian films with six SA-based films selected into our top 10.”

Judges for the 2017 crop of 20 shortlisted films were Andrew Bovell (writer), Ernie Clark ACS (cinematographer) Eugenia Fragos (actor), Tom Hadju (music producer), Gail Kovatseff (director, Media Resource Centre), Tania Nehme (editor), David Parkinson (director/cinematographer), and Cara West (co-founder HomeGrain Bakery, Aldinga). The Best Film/Director prizewinner will receive two return tickets to Los Angeles plus a Gold Pass to Adelaide Film Festival.

On the short film screening and awards night (Saturday, February 11)

the audience will be voting for the Best Film Audience Award.

Tickets are \$65/\$60 which includes a meal and a glass of wine and are available via Eventbrite and [www.fleureuilmfestival.org](http://www.fleureuilmfestival.org)

The finalist films and their directors are:

*Breaking Barriers* (Dave Wade), *Bright Spots* (Jilli Rose), *Home* (Charles Williams), *My Light* (Rebecca Dunker), *Sea Creatures* (Benjamin Dowie), *Slingshot* (David Hansen), *Somersalt Pike* (Kate Lefoe), *Tell Her Everything* (Jordan Edmeades), *The First Place The Last Place* (Phill Storer)

There will be a free community screening of the feature film *The Boys are Back*, directed by Scott Hicks and set in the Fleurieu Peninsula, on Friday, February 10. All good dogs are welcome to attend with their owners. It will be screened at the McLaren Vale & Fleurieu Visitors & Information Centre, McLaren Vale with entertainment, food and wine available from 6-11pm.

Further information contact Alison Alcock: [fleureuilm@bigpond.com](mailto:fleureuilm@bigpond.com) or 0409 980 378.



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# The green bank



The Americans once had their paper currency in “greenbacks”, and now the Bendigo Bank is backing the environmentally conscious with its Green Home Loan.

This innovative scheme basically represents rewards for you renovating or building in a sustainable way with discounts on interest rates for those who meet specific green criteria.

Approved applicants may get up to a 0.9% p.a. reduction residential variable rate, and are further helped with no monthly service fee.

Existing mortgages may also be eligible, but all homes need to be owner-occupied.

Most builders these days encourage building sustainability, and generally the home owners save money. For example, double glazing costs more, but in the long term your energy bills are lower; the cost of a rainwater tank is ultimately met by money saved over time compared with mainswater.

And, of course, being green conscious is helping our environment, which the Bendigo Bank fully supports.

The key benefits of the Green Home Loan include:

- Borrow for loan terms up to 30 years
- Loans from \$5000
- Choose weekly, fortnightly or monthly repayments



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Obviously, terms and conditions apply, and we encourage you to look on the bank's website for full details including any fees and charges, or enquire at any of the Bendigo Bank branches or offices, including those on the Fleurieu Peninsula – the Goolwa & District Community Bank, Aldinga Community Bank and the Victor Harbor branch.

Qualifying for a Green Home Loan is simple,

and the Bendigo Bank staff are there to assist. The concept is the result of extensive research with various industry bodies that makes building an energy or water-efficient home more affordable. Making your house greener, and ultimately saving money on utility bills as well as helping the environment through reduced consumption of non-renewable energy is common sense. The bottom line with a Bendigo Bank home loan is that it is all about you – there are no hidden terms and conditions because everything is laid on the table. The important thing is, it doesn't hurt to enquire about the Green Home Loan at the Bendigo Bank. If you compare home loan rates look closely at the terms and conditions and consider whether the fees are added to your loan, which in some cases may make your interest rate higher than you expected.

The Bendigo Bank enjoys maintaining a strong life-long link with its customers so it wants you to get off to a great start by having the best deal possible that suits your personal requirements whether it be a personal or home loan.

**You may qualify for a Bendigo Bank Green Home Loan with this criteria:**

- 1. Your building or renovation complies with the minimum environmental standard required in your state or territory.**
- 2. You must be installing a minimum of two items from Table A, or one item from Table B.**

Table A - any two of the following will meet Criteria 2		Table B - any of the following will meet Criteria 2	
Home feature	Environmental benefits	Home feature	Environmental benefits
Double or triple glazing	Reduces heating and cooling power needs by making your home more temperate	Alternative power supply	Reduces dependence on fossil fuels; allows you to generate your own power
Solar hot water heater or heat pump	Reduces your grid power use for heating water	Solar power (min 1.5kw photovoltaic system)	Reduces your grid power use; allows you to generate your own power from a renewable source
Water-storage tanks (min 2,500 L shared capacity)	Reduces your reliance on water supplies	Wind turbine (min 1.5kw)	Reduces your grid power use; allows you to generate your own power from a renewable source
Roof and wall insulation	Reduces heating and cooling power needs by making your home more temperate	Micro hydro system (min 1.0kw)	Reduces grid power use; allows you to generate your own power from a renewable source
		Grey- or black-water treatment system (connected to laundry and all bathrooms)	Reduces your reliance on water-storage dams and shared supplies (planning permits and installation certificates required)

# Support growing for our festival

Within 80 days a flotilla of wooden boats including steaming paddlesteamers in all of their splendour will cruise into the Riverport of Goolwa to celebrate the 15th biennial South Australian Wooden Boat Festival on April 22-23.

With no home-town AFL matches on the Saturday or Sunday, being the weekend after Easter and before the Anzac Day when many people are likely to extend their holiday break – and the festival returning to being a free event – there is every reason to believe it will again be a huge success.

The SA Wooden Boat Festival evolved from a gathering of local wooden boat enthusiasts led by Roly Bartlett at the historic Armfield Boatshed in 1989, and its continuous growth has been a result of a succession of dedicated volunteers and sponsors.

The festival and its name is



owned by Alexandrina Council, which again has been amazing with its unrelenting and vast support with a clear mandate of presenting the community and the state with a premier tourism event. The value of promoting not just the township of Goolwa, but the region and up the mighty River Murray, cannot be under-

estimated.

With tremendous generosity of its 2017 major sponsor, Lakeside Goolwa, the solid support of the South Australian Government through the South Australian Tourism Commission, and a much-valued string of other sponsors flanked by a new regiment of volunteers providing

hands-on help leading up to and during the two-day event, there is every reason to believe the overall objectives will be achieved.

As with any major community event, the planning and implementation has been a challenge, and the 10 member organising committee led by chair Garry Coombes, has worked hard over the past 12 months.

But again, the 15th biennial SA Wooden Boat Festival would not be possible without the growing number of much-valued and appreciated sponsors and volunteers.

Boat registrations close Sunday, March 19 - only \$30 per boat.

And if you would like to volunteer, or join our list of sponsors visit the SA Wooden Boat Festival website or e: [sawbf2017@gmail.com](mailto:sawbf2017@gmail.com)

[www.sawoodenboatfestival.com.au](http://www.sawoodenboatfestival.com.au)




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*Meet the team - Lee  
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Living in the country is not always easy when long-time residents are forced to move out because they can no longer maintain a big home and their town has no other option. It should always be a life of...

# Home sweet home

For some time now Carol Symonds has realised it is not easy for some people growing older in the country with the fear one day they may need to move to another town.

It is one of life's heartbreaking challenges. It may be 10 or 15 years away – hopefully longer – but because they can no longer maintain a big home or their family has moved to the city, they prepare for their last residential move. It is prevalent on Kangaroo Island and in small towns, and having been raised on a dairy farm in Parawa and lived in Yankalilla for most of her life, she has seen it first hand.

Carol, and her husband Barry, who have been builders here for more than 30 years, have felt the impact on their community. In 2005 they felt so passionate about how the locals deserved to have a choice where to grow older that they built their own retirement village, Meander Cottages, in the heart of Yankalilla. It is a business, of course, but those who know them say the foundation was built on compassion. They are in partnership with Gordon and Verity Baldock, and their son, Peter and his wife Tania.

"We observed that nearly all of our retired people were looking to move elsewhere, particularly particularly to Victor Harbor," Carol said. "We thought, hang on, we would



“

*They are the people who volunteer in the area, who do all the good things. They are parents of people living in the area. We want them to remain a part of the community, and a valuable part like they always have been; it brings a strong sense of community when they stay.”*

– Carol Symonds

where they had to go to live.

"There is still a lot of heartbreak when people leave, but I have always felt they need to do something for what is right for them.

"Some leave because of family, but understandably family members can also have very busy lives and perhaps staying in your community where your friends are is a better option. It is so important, but sometimes people have no choice.

"About 15 years ago we (Yankalilla)

were given an excellent nursing home, which is a different level of care, and once again the people of the area do not have to leave to pass away. A country town needs this.

"You hear of the heartbreak in so many

really like them to stay here.

"They were members of the Yankalilla bowling club or golf club, or others who used the community library. They left our community and joined clubs in other towns



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country towns where a husband has needed to go into nursing care 100km away and the wife is left elsewhere. Their 60-year or so romance becomes a phone conversation or a weekly coffee meeting. It is a crying shame, not only for the people leaving but for the town. They are a valuable group; they retire with masses of a lifetime of knowledge.

"They are the people who volunteer in the area, who do all the good things. They are parents of people living in the area. We want them to remain a part of the community, and a valuable part like they always have been; it brings a strong sense of community when they stay."

Barry and Carol built 23 retirement cottages with the potential to extend to 37. There are currently 38 residents, and they don't pretend it is anything but a small operation. They also don't talk about themselves, but having also built many homes in the region you know there must be an enormous sense of satisfaction in playing a small part in shaping a community.

Meander doesn't have all the tennis courts and bowling greens of some villages, but according to Carol it works well with the town. "We have all the facilities and sporting opportunities in the community that we need, and that's a good thing," she said.

"We encourage our residents to use them and establish links to support the local organisations and clubs. There is a need to remain an integral part of the community rather than being insular.

"Of course, this is our business, but I also see it as an important part of our community. If someone hasn't got a community they create one within their own environment, which is usually the case at every retirement village.

"They have their security, and if they wish their community social calendar; the craft groups and any excuse for a barbie. We are a group of friends here in Yankalilla."

For the past four years Carol has also volunteered as a telephone counsellor at Lifeline, and while obviously not going into

specifics she said one of the first things you learn in the job was how pets played a pivotal part in the lives of people.

"Of course we allow them at Meander," she said. "How awful to be told, oh sorry, your pet cannot come with you.

"I think we under estimate the impact grieving for a pet has on the lives of everyone, not just the elderly. For some, their pet is all they talk to, and imagine what it would be also like if they had to leave their pet behind in a small town.

"When I looked into the industry I had reservations, but as we have got more into this environment and met the people living here and the benefits they gain – and it's not for everyone – I am a huge fan. It is about caring for them as a person and making their latter stage of life significant.

"We have had couples move in where the husband has wanted to be assured that his wife would be in a safe environment should she survive him. These people are usually on a fixed income or self-funded so they know exactly what it is going to cost them to live every year. They know they don't have to worry about the hot water system becoming faulty, their house needing repainting or the carpets need replacing. There is comfort in that."

As with all retirement villages – which should not be confused with a residential village – legally Meander Cottages must abide by a very strict set of rules. If they are not followed or there is a problem within the village then residents have their own tribunal to which they can go.

The whole thing is geared towards 55-years-old-plus enjoying the peace and quiet of their home. They say is not always easy growing older, but when you remain part of a community you're too busy living to worry about it. ■

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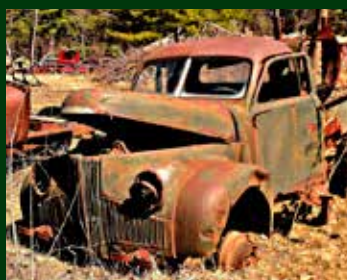
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# Go. See.

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## Until February 12

Lorraine Brown presents her first solo exhibition at the South Coast Regional Art Centre, Goolwa – *Limitless Water Colour*. Lorraine uses the fluidity and unpredictability of watercolour to tell stories, to take a fresh approach to the medium and to be intensely expressive. Gallery hours: Wed-Fri 11am-4pm, Sat-Sun 10am-4pm. Enquiries: Arts & Cultural Development Officer 8555 7000 leah.grace@alexandrina.sa.gov.au

## Until March 19

**TEXT 1/2/3** presented by Verandah Theatre Inc. A series of rehearsed readings of contemporary Australian plays held outdoors in the rear courtyard of the South Coast Regional Art Centre at 2pm. Cost \$5 at the door. For all ages; some adult content. Enter via BF Laurie Lane. In the case of extreme or inclement weather the events will move to Signal Point Gallery. Enquiries: [www.text123blog.wordpress.com](http://www.text123blog.wordpress.com)

## Until March 22

*Curious Objects*, a free exhibition curated by Annabelle Collett at Signal Point Gallery, Goolwa Mon-Fri 11am-4pm, Sat-Sun 10am-4pm. Twenty six artists show an eclectic array of the weird and wonderful, the real and the imagined, the ridiculous and grotesque. Artists include Niki Sperou, Loene Furler, Karen

Genoff, Ian de Gruchy, Megan O'Hara, Sandra Elms, Tony Kearney, David Kerr, Kath Inglis, Chris Omerod, Evette Sunset, Ryan Simms, Ann Newmarch, Kerry Youde, Kaspar Schmidt Mumm, Caroline Berlyn, Paloma Concierta, Gina Allain, Richard Hodges, Jack Hodges, Tom Harris, Sam Mulcahy, Ed Douglas, Catherine Buddle and Cathy Brooks.

## Monday, February 6

The Victor Harbor Primary School, The Parkway, Victor Harbor is hosting a boat/jet ski marine licence exam night from 6.30 sharp. Cost is \$45; refresher course \$10 (already licensed, but would like to watch the presentation), while juniors 12-15 \$15 may sit the exam for special permit (ring 1300 363 805 for details). Limited seats; bookings essential. You must bring a valid photo ID. Bookings to Meredith at Fleurieu Crash Repairs 8552 4833 or 0418 890 948. Presented as community service with proceeds to VH Primary School chaplaincy program designed to cater for the needs of disengaged primary school students.

## Thursday, February 9

*Living without Fingerprints* – an inspirational story with burns survivor, John Weeks at the Goolwa Library from 7-8.30pm. In 2014 the life of successful winemaker John Weeks changed in an instant when he was engulfed

in a petrol explosion leaving him with burns to 75 per cent of his body. Following 12 months in hospital and rehabilitation, John has embarked on a new direction of installing hope courage to survivors of trauma. John demonstrates the power of admiring the achievements and always driving forward instead of focussing on the negative. This is a free event, but bookings are essential.



## Saturday, February 11

The Inman Valley Tennis Club presents an outstanding evening of entertainment featuring nationally-acclaimed singer Greg Champion (above), and brilliant local artists Margie Russell, John Mulholland and friends at the Inman Valley Memorial Hall from 7.30 for 8pm. Greg is a songwriter, singer, comedian and radio presenter. Cost for the club fundraiser is \$25 with tickets available at Inman Valley Country Kitchen, Helen 8558 8285 or Margie 0406 996 199 – bookings essential. BYO drinks and nibbles.

Just a thought... do the bakers across the Fleurieu Peninsula only trade bread recipes on a knead to know basis?

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Fr Coast 2 Coast Tuna Tournament 2017

## February 11-12

There is a catch with this one... the 2017 Coast 2 Coast Tuna Tournament will be held at Morgan Park from 4-7pm on the Saturday, and from noon-3pm Sunday. It's a great event presented by Off Ya Rocker Promotions – you can try your luck fishing or watching the tuna being weighed and filleted on Saturday from 4-7pm and Sunday from noon- 3pm. Pre-entry costs \$40 pp; camping \$10 pp per night. Registration is on the Friday from 2-9pm and Saturday 5am-7pm. Presentations are Sunday 4pm. Further details: 0414 275 029.

## February 16-18

The Cygnet River Racecourse on Kangaroo Island comes alive over the Coopers Kangaroo Island Cup Carnival weekend held. It's one of Australia's great country race meetings with trackside

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## March 3-4

Come along and be inspired by a growing community movement that is passionate about providing free, organic and locally grown food. This free event at the Strathalbyn Library Community Centre, 1 Colman Tce, Strathalbyn from 10am-1pm will include a series of gardening workshops, a kids corner and carts of free vegetables, heirloom seeds and seedlings to give away. No Bookings required.

marquees, colour, fashion and a party atmosphere. Visit: [www.kiracingclub.com.au](http://www.kiracingclub.com.au)

## Friday, February 24

It's been a long summer for Adelaide Crows Fleurieu Supporter Group, but they will be back supporting their team at the Middleton Tavern dining room to watch Adelaide play Richmond in the JLT Community Series at Etihad Stadium. It's a 6pm for 6.30 start with the big match starting at 7.10pm. Bookings and membership enquiries to this energetic and fun group: Judy 8555 1800 or Di 8552 4960.



## Friday, February 24

Bring a chair, maybe a table and perhaps a platter or a picnic basket and your dancing shoes for a fun Cittaslow event – At the Wharf on the deck and lawns of Signal Point from 5pm-8pm. Great music from the MacTones. Local wine from Shaw Family Vintners will be on sale by the bottle and by the glass and two local food vans will be on site to tempt the crowd with delicious morsels. No BYO alcohol.

# It's off to market we go!



*\* Markets subject to change; please check details. Advise changes to: [info@coastlines.com.au](mailto:info@coastlines.com.au)*

**GOOLWA CITTASLOW FARMERS MARKET:** Held the second & fourth Sunday of the month at the Goolwa Wharf area from 8am –12.30pm. Produce sourced from the Fleurieu/Alexandrina Council areas – 15 stalls.

**GOOLWA WHARF MARKET:** First and third Sundays of the month, 9am-3.30pm; at the reserve by Goolwa Wharf. Enquiries: 0459 786 469 or [ebrotarymarkets@gmail.com](mailto:ebrotarymarkets@gmail.com)

**INMAN VALLEY COMMUNITY MARKET:** First Saturday of the month 10am-2pm at Inman Valley Memorial Hall. Enquiries: Kate 8558 8242.

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

**McLAREN VALE – THE VALE MARKET:** McLaren Vale Visitor Information Centre, 796 Main Rd, McLaren Vale. Next market Monday, March 13, 10am-3pm.

**MYPONGA MARKET:** Weekends & public holidays 10am-4pm at Old Myponga Cheese Factory, 46 Main South Rd, Myponga.

**PORT ELLIOT MARKET:** First and third Saturdays of the month, 9am-2pm. Lakala Res, Rosetta St. Enquiries: 0459 786 469 or [ebrotarymarkets@gmail.com](mailto:ebrotarymarkets@gmail.com)

**STRATHALBYN MARKET:** Third Sunday of the month at the Lions Park South Tce, Strathalbyn - 8am-2pm. Enquiries 0408 501 840.

**STRATHALBYN – LIONS CLUB MARKET:** The Lions Club of Strathalbyn holds a quarterly market on the fifth Sunday of the month (which occurs four times a year) at Lions Park, South Tce, Strathalbyn - 8am-2pm. Enquiries: 0407 289 030.

**VICTOR HARBOR FARMERS' MARKET:** Every Saturday 8am-12-30pm at Grosvenor Gardens, Torrens St, Victor Harbor. Enquiries 0427 542 743.

**VICTOR HARBOR COUNTRY MARKET:** Second and forth Sundays of the month, 9am-4pm, at Soldiers' Memorial Gardens, The Esplanade, Victor Harbor. Enquiries: 8556 8222.

**VICTOR HARBOR INDOOR CREATIVE CRAFT MARKET:** First Saturday of the month, 9.30am-2pm at RSL clubrooms, Coral St, Victor Harbor. Enquiries 0412 382 724.

**WILLUNGA ARTISANS' MARKET:** Second Saturday of the month, 9am-1pm at Old Show Hall, Main St, Willunga (opp Willunga Farmers' Market). Enquiries 0414

361 817.

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

**WILLUNGA GREEN LIGHT ORGANIC MARKET:** Every Saturday of the month; 9am-1.30pm. Willunga Recreation Park, Cnr Aldinga & Main Roads, Willunga. Enquiries: [greenlightnetworkwillunga@gmail.com](mailto:greenlightnetworkwillunga@gmail.com)

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

**YANKALILLA CRAFT & PRODUCE MARKET:** Third Saturday of the month 9am-1pm at Agricultural Hall, Main Rd, Yankalilla. Enquiries 8558 3346.

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## No consideration

Donald MacDonald leaves the Scottish Highlands to study law at a renowned English university and shares a room with other students.

A month later his mum visits and she asks: "How do you find the other students?"

Donald says: "They're such terrible, noisy people... the one on that side keeps banging his head on the wall and won't stop, and the one on the other side screams and screams all night."

His mum says: "Oh Donald, how do you manage to put up with these awful noisy roommates?"

And Donald says: "Mother, I simply ignore them. I just stay here quietly, playing my bagpipes."

## Bargain hunters

Simon and Suzanne, a lovely couple from Melbourne, are walking down a street in Goolwa when Simon looks in one of the shop windows and sees a sign that catches his eye. The sign says: "Suits \$10 each, Shirts \$4 each, Trousers \$5 per pair".

All excited, he says to Suzanne, "Look! They're idiots in this town... these clothes are so cheap and when we get back to Melbourne we can make a fortune. When we go into the shop you be quiet, okay, and just let me do all the talking."

Suzanne smiles and says: "Oh Simon, you are so smart."



# Laugh Lines

They go into the shop and Simon says: "I'll take 50 suits at \$10 each, 100 shirts at \$4 each, and 50 pairs of trousers at \$5 each."

The owner of the shop asks: "You're from Melbourne, aren't you?... and I guess you're Collingwood supporters."

Simon says: "Heck mate, how did you know?"

And the shop owner says: "This is a dry cleaners."

## You asked

A wife asks her husband: "Could you please go shopping for me and buy a carton of milk and, if they have avocados, get six."

A short time later the husband comes back with six cartons of milk.

The wife asks him: "Why did you buy six cartons of milk?"

He replies: "They had avocados."

## Top gear

An old lady buys a new automatic BMW X8 sport. She drives the car perfectly well during the first day, but that night the car just won't move at all. She tries driving the car at night for a week, but still no luck. She then furiously calls the BMW dealers and they send out a technician. The technician asks: "Madam, are you sure you are using the right gears?" Full of anger, she replies: "You stupid young man, of course I am. 'I use 'D' for the day, and 'N' for the night..."

## Cop photoshop

Little Johnny's kindergarten class is on a field trip to the Victor Harbor police station and looks at the notice board. There, he sees tacked to a bulletin board head-shots of 10 people.

Johnny points to a picture and asks a policeman if the person is wanted. "Yes," says the policeman. "These people are Australia's 10 most-wanted criminals... we really want to capture them."

And Johnny says: "Then why didn't you keep them when you took their photos?"

## Nice doggies

Paddy takes two stuffed dogs to that TV program, Antiques Roadshow. "Oh, wow!" says the presenter. "This is a very rare set, produced by the celebrated Johns Brothers taxidermists who operated in London at the turn of last century."

He asks Paddy: "Do you have any idea what they would fetch if they were in good condition?"

And Paddy says: "Sticks."

## Raw deal

A few women are playing poker at the Middleton Tavern when they start talking about their husbands. "You know," says Trudy. "My husband is like a game of poker. When we met 40 years ago I wanted a heart and a diamond, but now all I want is a club and a spade."

## Dad jokes...

**Who do you call when your calculator dies?** The mathemortician.

**What do rich cats have in their refrigerators?** Automatic mice makers.

**What starts with an E and ends with E, but only contains one letter?** An envelope.

**What stories do the ship captain's children like to hear?** Ferry tales.

**How did Noah see the animals in the Ark at night?** By flood lighting.

**What's an optimistic vampire's favourite drink?** B Positive.

**What do baby ghosts wear at formal parties?** Boo-ties.

**What do you get when you cross Bambi with a ghost?** Bamboo.

**What do you call two witches who share a broom?** Broom mates.

**What happens when a ghost haunts a theatre?** The actors get stage fright.

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# Puzzles

answers P21 (and don't cheat)

## Crossword

### Across

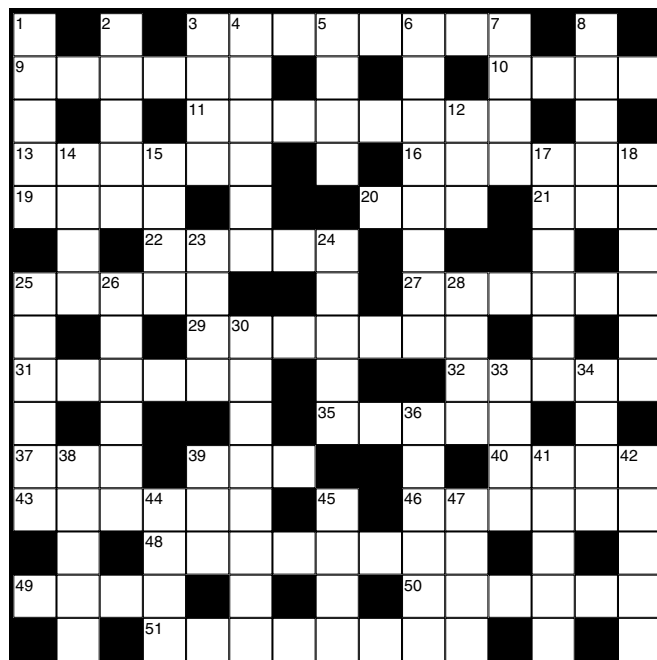
3 Control  
9 Native drum  
10 Disguise  
11 Part  
13 Like better  
16 Meditate  
19 Certain  
20 Pigs enclosure  
21 Anger  
22 Long lock  
25 Numeral  
27 Tenders  
29 Silly  
31 Small  
32 Ancient tongue  
35 Vends  
37 Greek letter

39 Precious stone  
40 Excuse  
43 Rank  
46 Relating to sight  
48 Stirs violently  
49 Ova  
50 Little wave  
51 Regal title of honour

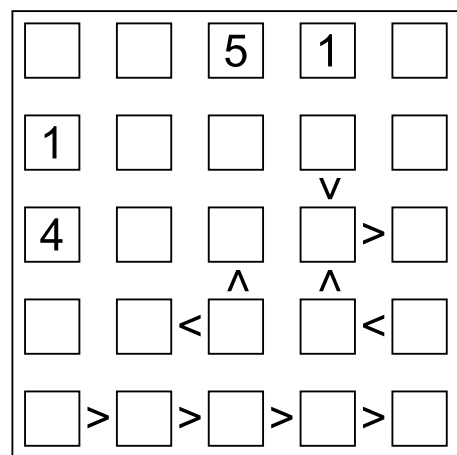
### Down

1 Halts  
2 Traffic light  
3 Flower  
4 Come forth  
5 American state  
6 Act of adapting  
7 Level  
8 Adder  
12 Plaything  
14 Book of the Bible  
15 Festivity

17 Straightforward  
18 Sanity  
23 Actual  
24 Curving recess  
25 Rudder bar  
26 Climbing palm  
28 Tumbled  
30 Withdrawing from federation  
33 Serpents  
34 Notion  
36 Prises  
38 Dance  
39 Band's engagement  
41 Protuberances  
42 Foreign  
44 Ready money  
45 Chess piece  
47 Egyptian goddess



## 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.

## Target

Target: Average - 25; Good - 32; Excellent - 38+

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*






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PUZZLE ANSWERS FROM P21

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

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

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Target: Average - 25, Good - 32, Excellent - 38+

agree, agree, anger, argon, argue, auger, cage, cargo, conga, cougar, courage, crag, eager, eage, ENCOURAGE, enrage, ergo, gear, gene, genera, genre, goer, gone, goner, gore, grace, green, groan, negro, ogee, oge, onager, orange, organ, rage, rang, range, rogue, rouge, rung, uncage, urge.

The Port Elliot Town & Foreshore Association is producing a *Dogs on the Fleurieu* book to showcase 20 local dogs and their stories – closing date is now Friday, February 5: [ruthmiller5212@gmail.com](mailto:ruthmiller5212@gmail.com)

Of course, the book will include images, and highly-respected photographer and art enthusiast **Ron Langman**, of The Strand Gallery, in the old Port Elliot post office, has provided us with some hints on photographing dogs – pets, not show dogs.



*Meet Heidi, a miniature long haired Daschund (trimmed short) owned by Ron & Sonya Langman. Heidi is one of their two dogs, and this picture was taken for the Daschund rescue group in Sydney.*

The biggest mistake most people make when photographing pets is to stand up and point the camera down at the dog. Would you stand on a ladder and point the camera down at someone if you wanted to take an attractive portrait? No! You need to get down to the animal's eye level... lay on the ground and if possible flip the screen on the back of the camera to the horizontal position. It is almost impossible to see through a viewfinder if the camera is at ground level.

Alternatively, you can put the dog on a table with some sort of non-slip surface. You might have to tether it. Then you can kneel down sit on a chair. This is probably the best approach for small dogs.

# Making your pet picture perfect

Another way around this issue is to use a long lens (zoom) and shoot from a distant viewpoint. This the best way to get "action" shots.

Trying to follow the movement of an active dog with a 'normal' length lens is a nightmare. Superior auto focus cameras are better at

keeping the dog in focus as they run, but if you are in sunlight and have set the ISO high at, say 800, you should be able to have both a high shutter speed and a small aperture to give you enough depth of focus. Shoot a 100 pictures and delete 99.

Paradoxically, if you are going to use the

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While many organisations wound down over the festive season, Southern Volunteering was busy moving premises - only 100 meters from where we were. We are excited to now be located at 44 Torrens Rd in Victor (opposite the ambulance service) and ready to help not for profit organisations find suitable volunteers and assist community members find the ideal volunteer role for them. If 2017 is likely to involve 'anything' volunteering for you, give us a call on 8552 7858 to arrange a time to discuss how we may be of assistance. **Jackie Horton**  
**Regional Coordinator Southern Volunteering**



table top approach it would be good to use a wide aperture to throw the background out of focus. This might mean using a high shutter speed. A good idea anyway.

Background is important when photographing dogs. They have furry edges and often a range of colours and tones just like camouflage. If you do not have a plain or out-of-focus or contrasting colour, background the dog will be inclined to blend into it.

Lighting... in daylight don't try to achieve anything too clever like back lighting or extreme side lighting. Fur hides the shape and unless you are photographing something like a Whippet it will be hard to capture the underlying form of a dog.

A professional or advanced amateur will use a 'studio flash' system where you can freeze any movement and get breath-taking sharp images that really capture a dog's personality. Small dogs don't seem to sit still (especially on a table) so the answer here is to take lots of pictures. If your camera has a 'burst' function or something similar, set it to take multiple shots in quick succession. Be prepared to delete almost all of them. Digital images cost nothing. If you do not want to tether the dog on a lead around its neck try putting the lead around its hind quarters to keep it in the one place.

Capturing their eye line or gaze... when you come to take the photograph bring along a treat that they are keen on, a favourite toy or maybe a whistle. The biggest difference between an 'OK' dog portrait and one that will make the owner happy is capturing an animated expression. From an owner's point of view, a perfectly exposed, pin-sharp image of a dog that looks like an exhibit in a museum is no match for one that is technically imperfect but expresses the pet's personality.

Remember, take lots and lots of pictures; pixels are free. ■

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Introducing an occasional new travel column by Michelle Twigger, a highly-qualified travel consultant for the RAA, Ocean St, Victor Harbor - 8552 1033

# Cruising goes sky high

## RAA

Travel talk with  
Michelle Twigger

Ocean St, Victor Harbor

The *Ovation of the Seas* – the world's fourth largest cruise ship – docked into Outer Harbor on December 11 in only her second port visit in Australia. At 168,666 tons, she is the largest, most innovative and most technologically advanced cruise ship to call Australia home in the summer months.

Comparing the *Ovation of the Seas* and the larger cruise ships of today makes the vessels of 2004 when I first entered the travel industry seem miniature. With more than 12 cruising companies now operating in Australian waters we also have many more options.

The *Ovation of the Seas* is so new there is the faintest smell of fresh paint and new carpets still present in the air. The ship dazzles from the moment you walk on board. Incredibly, it offers a surf simulator, a robotic barman who will mix and shake you up a cocktail, dodgem cars and virtual balconies in the interior rooms. But what really makes this ship sky high is the simulated skydiving experience and the North Star gondola ride which towers above the ship itself.

Having been lucky enough to be on board when the *Ovation of the Seas* docked at Outer Harbor, there were two aspects of this ship that made it a unique cruising experience.

Importantly, although she can carry over 4100 guests it didn't feel over-crowded, and even at peak dining times with more than



The North Star towering from deck 16 of the *Ovation of the Seas*.

18 dining options available it still made for pleasurable dining. For relaxation the Two70 bar at the rear of the vessel with its floor-to-ceiling windows was the perfect place to read a book and enjoy the ocean views during the day, while at night transforming into a fantastic themed light show.

The *Ovation of the Seas* truly is a wonderful cruising experience.

**Travel Tip:** With larger ships it pays to be organised so pre-booking shows and activities before travelling is a must. Book early as the popularity of this cruise is simply sky high.



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### La La Land

(CTC) Drama, romance starring Ryan Gosling, Emma Stone. Sebastian and Mia are drawn together by their common desire to do what they love, but as success mounts they are faced with decisions that begin to fray the fragile fabric of their love affair, and the dreams they worked so hard to maintain in each other threaten to rip them apart. **Concludes February 15**



finally return to his first home. **Concludes February 15**

### A United Kingdom

(PG) Drama starring Rosamund Pike, David Oyelowo, Tom Felton, Charlotte Hope. Prince Seretse Khama of Botswana causes an international stir when he marries a white woman from London in the late 1940s.



and the world of "Camelot" that they created and loved so well. **Commences February 3**

### Patriots Day

(CTC) Starring Mark Wahlberg, John Goodman, Kevin Bacon. In the aftermath of the Boston Marathon bombings, police Sgt. Tommy Saunders joins courageous survivors, first responders and other investigators in a race against the clock to hunt down the suspects. **Commences February 3**



them, determined to destroy their hopes for a future together. **Commences February 10**

### Hidden Figures

(PG) Drama starring Taraji P. Henson. As the United States raced against Russia to put a man in space, NASA found untapped talent in a group of African-American female mathematicians that served as the brains behind one of the greatest operations in US history. Based on the unbelievably true life stories of three of these women, they quickly rose the ranks of NASA alongside many of history's greatest minds tasked with calculating the momentous launch of astronaut John Glenn into orbit. **Commences February 17**



### Lion

(PG) Drama starring Dev Patel, Nicole Kidman. Saroo, aged five, gets lost on a train which takes him thousands of miles across India, away from home and family. Saroo must learn to survive alone in Kolkata, before ultimately being adopted by an Australian couple. About 25 years later, armed with only a handful of memories, his unwavering determination, and a revolutionary technology known as Google Earth, he sets out to find his lost family and



### Jackie

(CTC) Biography starring Natalie Portman, Peter Skarsgaard. A searing and intimate portrait of one of the most important and tragic moments in American history seen through the eyes of the iconic First Lady, then Jacqueline Bouvier Kennedy. It places us in her world during the days immediately following her husband's assassination. Known for her extraordinary dignity and poise, here we see a psychological portrait of the First Lady as she struggles to maintain her husband's legacy



### Fifty Shades Darker

(CTC) Drama starring Dakota Johnson, Jamie Dornan, Kim Basinger. When a wounded Christian Grey tries to entice a cautious Anastasia Steele back into his life, she demands a new arrangement before she will give him another chance. As the two begin to build trust and find stability, shadowy figures from Christian's past start to circle



### The Great Wall

(CTC) Drama starring Matt Damon, Pedro Pascal. When a mercenary warrior is imprisoned within the Great Wall he discovers the mystery behind one of the greatest wonders of the world. As wave after wave



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of marauding beasts besiege the massive structure, his quest for fortune turns into a journey toward heroism as he joins a huge army of elite warriors to confront the unimaginable and seemingly unstoppable force. **Commences February 17**



### Manchester by the Sea

(MA15+) Drama starring Casey Affleck, Michelle Williams and Lucas Hedges. Lee Chandler is a brooding, irritable loner who works as a handyman for a Boston apartment block. One damp winter day he gets a call summoning him to his hometown, north of the city. His brother's heart has given out suddenly, and he's been named guardian to his 16-year-old nephew. As if losing his only sibling and doubts about raising a teenager weren't enough, his return to the past re-opens an unspeakable tragedy. **Commences February 24**



### Jasper Jones

(CTC) Drama starring Toni Collette, Hugo Weaving, Dan Wyllie. A riveting and moving Australian coming of age story about Charlie Bucktin, 14. On the night that Jasper Jones, the town's mixed race outcast shows him the dead body of young Laura



Wiseheart, his life is changed forever. Entrusted with this secret, and believing Jasper to be innocent, Charlie embarks on a dangerous journey to find the killer. Set over the scorching summer holidays of 1965, Charlie defeats the local racists, faces the break up of his parents and falls head over heels in love as he discovers what it means to be truly courageous. **Commences March 3**

### A Street Cat named Bob

(CTC) Drama, biography movie starring Luke Treadaway, Joanna Froggatt. A stray ginger cat changes the life of James Bowen (Luke Treadaway), a homeless London street musician and recovering drug addict. **Commences March 10**



### Fences

(CTC) Drama starring Denzel Washington, Viola Davis, Stephen Henderson and Jovan Adepo. Directed by Denzel Washington. Troy Maxson (Denzel Washington) makes his living as a sanitation worker in 1950s Pittsburgh. Maxson once dreamed of becoming a professional baseball player, but was deemed too old when the major leagues began admitting black athletes. Bitter over his missed opportunity, Troy creates further tension in his family when he quashes his son's chance to meet a college football



recruiter. **Commences March 10**

### Kong: Skull Island

(CTC) Fantasy, Sci-Fi movie starring Tom Hiddleston, Brie Larson, Samuel L. Jackson and John Goodman. Explorers encounter a gigantic ape and other monstrous creatures after travelling to an uncharted island in the Pacific Ocean. **Commences March 10**



### Life

(CTC) Sci-fi, thriller movie starring Jake Gyllenhaal, Ryan Reynolds and Rebecca Ferguson. The six-member crew of the International Space Station is on the cutting edge of one of the most important



discoveries in human history: the first evidence of extraterrestrial life on Mars. As the crew begins to conduct research the life form proves more intelligent than anyone ever expected. **Commences March 24**

### Beauty and the Beast

(CTC) Fantasy, romance movie starring Emma Watson, Dan Stevens. A bright, beautiful young woman, is taken prisoner by a beast in its castle. Despite her fears she looks beyond the beast's hideous exterior allowing her to recognise the kind heart and soul of the true prince that hides on the inside. **Commences March 24**



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# Eat Wave

with Jenny

## Well hello sweet potato...

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*You must try these Sweet Potato Fries... they are healthy and delicious. And they taste even better with this garlic mayonnaise!*



## Sweet Potato Fries

### Ingredients

2 sweet potatoes  
2 tablespoons olive oil  
2 tablespoons polenta  
1 teaspoon paprika  
½ teaspoon sea salt

### Method

Preheat oven to 200°C. Line two baking trays with baking paper. Wash the sweet potatoes in cold water and dry thoroughly with paper towel — skin can be left on. Cut sweet potatoes in half (across the centre), then slice into fries, about ½ to 1 centimetre thick. Bake for 35 to 40 minutes until tender and crisp. To obtain best results, baking time and temperature might need to be adjusted slightly, depending on your oven. No need to turn

the fries during baking. Serves 4.

Delicious on their own, or served with dipping sauce of your choice, e.g. tomato relish, garlic mayonnaise or sour cream and sweet chilli sauce.

## Garlic Mayonnaise (Aioli)

### Ingredients

½ cup mayonnaise  
2 cloves garlic, crushed  
1 tablespoon fresh lemon juice  
2 tablespoons olive oil  
¼ teaspoon salt  
black pepper

**Method** Combine crushed garlic and salt in a bowl. Add other ingredients and whisk until combined, and smooth. Store covered in the refrigerator.

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# Eat Wave

with Jenny



## Easy Tomato Chutney

### Ingredients

700ml boiling water  
3 teaspoons black tea leaves  
or 4 black tea bags  
1 medium red onion, finely chopped  
500g ripe tomatoes  
½ teaspoon salt  
150g brown sugar  
150ml white wine vinegar  
½ teaspoon dried chilli flakes

### Method

Place boiling water and tea leaves or tea bags in a teapot or heatproof container, and allow to steep for three minutes. Strain tea if using tea leaves, or remove tea bags, and transfer liquid to a large saucepan.

Wash tomatoes, slice a cross on the base of each one, and place in a heatproof bowl.

Pour boiling water over the tomatoes, to cover. Wait 30 seconds, then drain. Remove

skins of the tomatoes - they should peel off easily.

Cut tomatoes in quarters, and remove the hard white centre bit.

Roughly chop the tomatoes and add them to the tea water, along with the remaining ingredients.

Bring to the boil on medium heat, then reduce heat and continue to simmer until most of the liquid has evaporated and mixture has thickened, stirring occasionally. This will take about one hour. Remove from heat and allow to cool slightly. Pour into sterilised jars, and store in refrigerator.

Note: For a milder relish, omit chilli flakes and replace with crushed garlic and smoked paprika.

... and don't forget to sterilise the jars before pouring in the chutney

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