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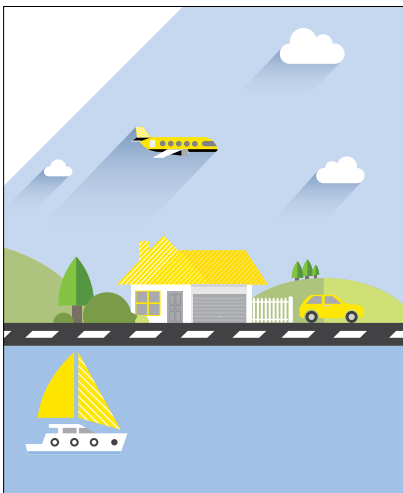
March 2017 Vol. 6 #85

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Cover

Jillian Langford, coordinator of the biennial Festival Fleurieu (April 14-30), is holding a papier mâché of the event mascot, a leafy sea dragon. The event throughout the Yankalilla Council region has achieved a remarkable transformation and even more brought a community closer together. **FULL STORY P9-11**

This month

The name of March comes from Latin *Martius*, the first month of the earliest Roman calendar. It was named for *Mars*, the Roman god of war who was also regarded as a guardian of agriculture and an ancestor of the Roman people through his sons Romulus and Remus. You may have missed the most significant day in this month – March 1. It was **Beer Day** in Iceland.



It relates to the fact prohibition went into effect in Iceland in 1915 and lasted to some extent to March 1, 1989. Yes, the beer is always cold there, and they say those born on this day love their beer. Cheers. March's birthstones are aquamarine and bloodstone, which symbolise courage. Its birth flower is the daffodil.

Sunday, March 5: Clean up Australia Day

Since Ian Kiernan and Kim McKay co-founded Clean Up Australia Day in 1989 Australians have spent 31 million hours collecting 331,000 tonnes of rubbish. This amazing campaign has also reached 30 million helpers



in 80 other countries, and the world is a far better, cleaner place.

Clean Up Australia Day is on Sunday, March 5 – why not get a group together and enjoy yourself while cleaning up the Fleurieu Peninsula. Find our more: www.cleanupaustaliaday.org.au

Better still, why not clean up Australia every day?

Other special events include:

March 13-19: World Brain Awareness Week www.brainfoundation.org.au

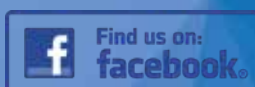
Brain Foundation

Wednesday, March 22: World Lynch Syndrome Awareness Day www.lynchsyndrome.org.au

Friday, March 24: World Tuberculosis Day www.who.int/campaigns/tb-day

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There's a lot of harmony in the kitchen

Australia will further celebrate its multiculturalism with Harmony Day on Tuesday, March 21, and what a better way to embrace different cultures than to use the language of food.

About 10 south coast students from an excellent ESL program (English as a second language) at the Encounter Centre, Victor Harbor have written a brief resume and presented a recipe from their homeland in a simple but effective recipe book as part of their studies with support from their course coordinator Anita Grantham.

It's been a lot of fun and a great learning process, and as part of the Harmony Day celebrations we have included three of the scrumptious dishes in our Eat Wave section on page 34, and how Investigator College promotes Japanese food as a healthy school lunch box option (P33).

The local ESL program is funded through a state government program Adult Community Education, and Anita believes it has played a huge role in helping the students assimilate so well in our community.

"The social impact for the students at Encounter Centre is just wonderful," Anita said. "Everyone is so passionate about this ESL program and it is so nice that friendships have been formed as a result."

"The students are supported by an equal number of volunteer tutors to develop their English language skills – listening, speaking, reading and writing. Students range from



Learning English and being a wonderful part of our community (back row from left) Ellissasvet Karafylis (Greece), Malaitithong Anothai (Laos), Von Vong (Vietnam), Rong Li (China), Aimee Lee (China), and (front left) Somsong Waler (Thailand) and Alexandra Conde KJovach (Ecuador).

beginners to upper intermediate in their English proficiency, so levels of support and a variety of learning resources are needed." Harmony Day, which is always celebrated on this day with festivals and multicultural awards around the nation, is intended to express cohesion and inclusion in Australia and promote a tolerant and culturally diverse society.

Orange is the colour chosen to represent the occasion, and everyone is encouraged to wear orange clothing and/or the distinctive orange ribbon to show their support for cultural diversity and an inclusive Australia.

For the record, 45 per cent of Australians were born overseas or have at least one parent from overseas with one of about 300 ancestries, and apart from English the most

common languages spoken in Australia are Mandarin, Italian, Arabic, Cantonese, Greek, Vietnamese, Tagalog/Filipino, Spanish and Hindi.

But when it comes to food, well, everyone loves a great meat pie, a pizza, a good curry and a host of magnificent Asian, African, European and South American dishes. In fact, even icy poles from Alaska on a hot day. This is Australia, and you have to admire the adult ESL students who have embraced our culture and have become valued members of our community. Happy Harmony Day. ■



The caravaners. They're migrating again!

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Some of the many supporters of Goolwa Cittaslow at the opening of its first headquarters in the old council chambers last month.

Goolwa continues to set a fast pace at being a slow town

It will be 10 years ago on Sunday, March 12 that Lyn Clark, whose passion for Goolwa is extraordinary, culminated years of hard work for the township when it became the first town in Australia to be accredited as part of the international Cittaslow (slow town) organisation.

The movement, which began in Italy in 1999, is now shared by almost 200 countries, all of which have adopted a philosophy focusing on being a quality town and especially growing local produce and sharing healthy ideals. Through Lyn's support, Katoomba (NSW) and Yea (Victoria) became the only other Australian members.

The anniversary will be celebrated on the Sunday with a Goolwa Farmers' Market from 8am-1pm, free performances by stars of the Adelaide Fringe Caravan at Jaralda Park from 10.30am, and another great Fringe act – the brilliant Damushi Ensemble Band at the Signal Point Gallery deck from 1.30-5pm. Adding to the Cittaslow flavour will be local food and wine, but please, no BYO.

Cittaslow Goolwa enjoyed a huge sense of achievement last month when it entered its own premises for the first time, leasing the old council chambers built in 1915 on the

corner of Cadell St and Goolwa Tce, which will be the central point of the movement's international assembly from May 9-12. The event, which has received huge support from Alexandrina Council, will attract more than 100 special guests from around the world.

Regrettably, Lyn, who recently stepped down as president of Goolwa Cittaslow, was unable to attend the official opening of the building, and while still well-acknowledged during the officialdom her remarkable contribution to Cittaslow and every good thing it represents is sure to be further emphasised on May 12 and during the assembly.

Cittaslow will remain in celebration and community mode with an At the Wharf show on the deck and lawns of Signal Point on Friday, March 24 from 5-8pm when you can dance the hours away to top local music in between again sipping fine wines and enjoying quality food from two local vans.

And then it's another Cittaslow Farmers' Market at Jeralde Park on the Sunday, March 26. For a town that has adopted a slow-movement ethos there is plenty of action. At the right pace, of course.

www.cittaslowgoolwa.com.au

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Unashamed chocoholics of this world will be salivating once they get through the first few paragraphs of this story. It's about a carob farm.

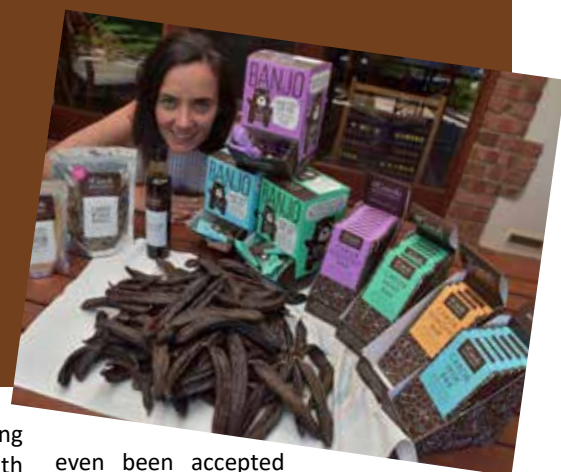
We're not talking about their *Willy Wonka* imaginary world with the ghost of actor Gene Wilder hiding behind chocolate trees and chocolate tractors by the chocolate house and sheds, but something incredibly tasty and far healthier.

Aahhhh! the older generation screams. It was the bitter stuff that their mothers and their mothers forced into kids as a substitute for the supermarket sugar bombs disguised as chocolate. Carob is still regarded by some people as being awful.

But something amazing is happening, and right in our backyard at a carob farm in Port Elliot. Sophie Richards, who has a most impressive CV filled with marketing and product development skills, particularly in the wine industry, spent 12 months developing a recipe that turns the carob pods into a naturally-sweetened delight. It's sensational.

So good, in fact, that the family business DC&S Solomon – David Solomon, a retired GP, his wife, Carol, and their daughter Sophie – now produce a pure range including a syrup, raw and a roasted powder, chopped carob pods called Kibble Nibbles on which you cannot stop munching, and carob bars and funny little Banjo Bears under one brand – The Carob Kitchen.

THE CAROB FARM



Through sheer hard work, amazing innovation and courage, this business with 3500 carob trees across 80 acres is the second-largest carob producing operation in the southern hemisphere.

The Carob Kitchen products are now being sold throughout Australia and exported to New Zealand, United Kingdom and Japan. The United States of America market is within grasp where a new-world of carob has

even been accepted by President Trump because we're not talking about fake chocolate of the olden days. They are a real treat in their own right. There is no business here capable of producing the commercial range, so the carob is milled and made interstate. Cocoa butter is used instead of palm oil, there is a new focus on consistently buying Australian



“Not a lot of people grow carobs... they ask how long before you get anything back – it's eight years minimum before you get a reasonable crop.”

– Sophie Richards



Far left: Harvested carob pods ready for processing. Left: David Solomon with a handful of delicious Kibble Nibbles. Below: pods on the trees before ripening.



certified organic milk solids (which is safer than imported products), and while The Carob Kitchen variety has no added sugar the products contains natural sugar as with fruit. For diabetics, it is considerably better than regular chocolate. The carob also has the chemical pinitol, an anti-diabetic agent or a natural insulin mimicker, and early evidence suggests it helps the metabolism of sugar in the muscle and red blood cells.

This family has a marvellous story of achievement, yet relatively few people seem to know this farm exists, let alone what a carob is. Yet, not for one moment do David, Carol and Sophie turn to those who in the embryonic days said they were “consumed by madness” and laugh back at them.

“They were right at the time,” David says with a degree of humbleness.

“It started out as a long-term investment in 1996, buying the property and not expecting a return from the carob trees for 10 or 12 years.

“It all had to do with the influence by our brother-in-law (Andrew Gebhardt) who had carob trees growing wild in the Burra Creek in Burra, and he thought he could do something with the beans.


“But sadly, when Andrew died (in 2005), and our beans were coming on, we were left high and dry. The beans were initially stored in the shed for two or three years until we called called a family meeting of the four daughters and sons-in-law to decide what to do.”

Sophie said there is little monetary value on the actual carob pods – they need to be value-added – and at the time the only use for what was left in the shed was as cattle feed. “We even sold some as dog food to someone in Melbourne,” she said.

“Not a lot of people grow carobs... they ask how long before you get anything back – it's eight years minimum before you get a reasonable crop.”

With this shed full of brown pods, and things being grim, the family turned to Sophie with her marketing and product development ability to create a value-added product.

Continued P8




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From P7

After 12 months of testing recipes she came up with the formula to again harvest the carob trees for their intended purpose – as a delicious replacement for cocoa powder.

“It comes back to our recipe and the varieties mum and dad have selected to grow for eating, not just for the seed (inside of the pod),” Sophie said. “Our variety is sweeter, and have a lot more taste.

Then there is the manufacturing side; how you roast and mill the pod and turn it to powder and what we add – or don't add. We use as few ingredients as possible so you can taste the flavour of the carob itself.”

David gave up his Adelaide suburban general practice and two weekly rounds of golf as part of a last-ditch attempt to make this carob venture work. The first planting of 100 carobs was in 1996, and the work hasn't stopped.

Carol related how their friends thought they were crazy. “They said you're just hobby farming and you've got no idea what you are doing,” she said. “As David said earlier, they were right.

“But we were very fortunate to have Ray Irvine, a local builder and farmer who has continued to help us in lots of ways. He helped us graft all the trees, cutting the top off in a V-shape. We had a 10 per cent take, which was really disappointing. We'd stand there in the paddocks and think, gosh what are we doing?”

The family also turned to two chaps in Broken Hill, who owned the Shell Service station and got tired of being held up every other weekend so they went into growing carobs and grafted them at bench height.

“To germinate a carob in a pot is easy; to graft them in a pot and make them take is terribly difficult,” David said. “The best take was five per cent. But Andrew cracked the code and he was getting a 90 per cent take.



Carol, David and Sophie on the family's carob farm. They insist that it has been the help, guidance and support of so many, including extended family members who have turned this carob venture into a great success.

“And with Sophie having a background in wine marketing, she built our whole business up by growing the carob trees and moving the pods and kibble on to be value added.”

Of course, selling a new product is not easy. Come rain or hail in the winter, and through the scorching days of summer, Sophie was at the local farmers markets in Willunga. Given the nature of the people in the village, it came as no surprise when other stall holders, and locals in general, helped her as much as possible. “The moral support was incredible,” she said.

There were also the early Sunday treks to the market at the Wayville Showgrounds, and like a Trojan on a mission she visited health shops, key Foodland and IGA outlets and other wonderful places like Veg Out who give small businesses a real go. From there the little Banjo Bears and bars took off interstate and overseas.

Importantly, this whole venture would not have been possible without the support of the entire family, including Sophie's three sisters and their families.

With a tone of deep respect he rated his late brother-in-law as the King of Carobs. Now he says Sophie is the Queen, and why not, she has played a huge role in saving the family business and put Port Elliot on the international map even though few locals may be aware of this operation.

Along the way the traditional carob growers in Spain with their industry having 4000 years behind them have followed revolutionary methods at our Port Elliot farm, including Sophie's own technique to roast the kibble without burning it. But her sensational recipe turning sour pods into 'gold' will stay here forever.

The plan was to watch the trees grow, instead the family business has been at the forefront of industry change.

David said the venture started as an investment, but along the way discovered there was a fine line between being courageous and stupid. What got him on the better plane, he likes to think, was the finest ingredient in Sophie's secret recipe – passion.

At this special place overlooking Horseshoe Bay the only hint of *Willy Wonka* and his chocolate comes with the colour of the farm dogs, old Boysa and the energetic pup Queenie. And it doesn't take long to learn to love them either. ■

You may purchase The Carob Kitchen range at Veg Out, the health food shop in Victor Central Shopping Centre, Foodland Goolwa, IGA stores in Victor Harbor and Port Elliot, and the Farm Shop, Goolwa. You may also buy online: www.thecarobkitchen.com.au

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



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A woman with blonde hair, smiling, is seated on a vibrant, multi-colored wooden chair. She is wearing a blue sleeveless top with a red and white horizontal band, a black skirt, and a necklace of red teardrop-shaped pendants. Her hands are resting on her lap, and she is wearing a white beaded bracelet and rings. She is also wearing silver high-heeled sandals. The background features a white kitchen cabinet with glass doors and a floral tablecloth.

Best seat in the house

With a new name and a fresh approach, the Festival Fleurieu has embraced an entire region starting when communities were asked to paint their doors in zany colours and designs in 2015. Now it's chairs, so come inside, open wide, it's ...

STORY P10-11

The biennial Festival Fleurieu April 14-30

From P9

Festival Fleurieu 2017 is unwittingly delivering a fabulous similarity with a tune so many of us have loved over the past 50 years – *Play School*. You know it: “There’s a bear in there, and a chair as well, there are people with games, and stories to tell...”

It makes you feel young; good inside, but the difference here is that our western region is about to show off more than 500 chairs all over the place – outrageously funny and crazy chairs including those knitted, made out of mosaic, glass... even the farmers have made chairs out of galvanised iron to put out by their farm gates. Galvanised iron?

If you think that’s different, you should have seen the doors during the last festival. The hamlet of Inman Valley had one with a toilet set by a letter box – representing their mail boxes in the toilet block (seriously).

And you had better also believe there will be stuffed bears, people playing free games of scrabble and seemingly endless stories to tell especially during the 40th anniversary dinner for the Yankalilla and District Historical Society when Septimane Herbert, who currently resides in Christ Church Cemetery and Thomas Wilson, residing in Penneshaw Cemetery, argue which is the better town – Yankalilla or Normanville?

FF17 is officially from April 14-30, but it



“ We had three artists, a musician, a Spanish teacher, real estate agent and an ex-stock broker... all these amazing people; my goodness.”

– Festival Fleurieu
2017 coordinator Jillian
Langford

Board member Barbara
Pettigrew with some of the
crazy chairs she has created for
the festival.

has already started with townships again displaying colourful doors from 2015 and artists hanging their latest works.

But as much as this biennial festival again promises excellence, evolving from the Leafy Sea Dragon Festival, it is far more than just a showcase of some amazing musical and artistic talent and opening doors wide to see inside.

It is an amazing story of how people from all walks of life who make up these communities in the towns – the children from one of

the smallest but biggest achieving primary schools in the state at Rapid Bay, to the honest and hard working shop owners, publicans, farmers and healers – have all embraced this festival.

We are in the festival state, but rarely do you see the passion and anticipation expressed in the lead-up and during as the big event than you do in this region. Open the doors, they told us, and now sit down because they want to enjoy the show.

FF17 coordinator Jillian Langford remembers



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saying to herself after the first meeting of the Festival Fleurieu committee for 2015, 'Oh my stars'.

"We didn't know each other," she recalled. "We had three artists, a musician, a Spanish teacher, real estate agent and an ex-stock broker... all these amazing people; my goodness."

There was also emotion after years of the Leafy Sea

Dragon Festival produced by other diligent volunteers with scores of notepads filled with outcries with the name change.

But according to Jillian, what stood out above this protest was the passion of the people within the region. "It was amazing," she said. "The way it all came together as we went on the journey was just sensational."

"We identified and tapped into that passion of the people, and it all came to light when the committee came up with the concept of the doors. Today there is barely a mention of the old 'Leafy'; I think people have accepted what we have tried to do with our festival because they saw our anything-is-possible mentality right from the start."

"People were worried about bringing in flagship events like musicians to attract more of metro-Adelaide, but then they saw how it encouraged everyone to raise the overall standard."

Barbara Pettigrew, who is also on the board and the planning group, said with so many people moving down here upon retirement the festival just kept finding people with specific expertise to help them. "This festival has brought a lot of people together, no doubt," she said.

FF15 also brought accolades, winning awards for Best Community Event of the Year as part of the Australia Day Awards presented at Government House, Best Community Event for Yankalilla, and a bronze tourism award for Best Community Event presented by the South Australian Tourism Commission.

There seems to be hundreds of community members involved in some way, from an energetic and competent chairperson in Jane Mitchell to the volunteers from the op shops, traders and child care centres to those in quiet corners engrossed in their pastels in studios.

"For us, it is of great importance for this festival to reflect all of the elements of our community," Barbara said. "There are a huge amount of dairies out of the towns, and we wanted to include the farmers in this festival so we've organised a car pool to visit a dairy farm at Parawa. We discovered some had lived in this region all their lives and had never been to a dairy farm so there has been a mad rush to be part of this."



"Festivals are about art, music food, the environment – all those things – but we have tried to tap into everything about our western Fleurieu region."

Jillian said that with this attempt to make the festival all-embracing comes the challenge of the additional workload and coordination.

"We have so much in this festival," she said.

"We have this opening event – Live at Bungala Park at Normanville (Easter Saturday, April 15) – that we are organising; it's just getting so big. It's like a festival by itself so we have a committee working on just that at the moment; the games, children's activities, environmental workshops, and with a grant from Country Arts SA we have three hours of Indigenous workshops and performances."

There are countless gems on the creative works trails wedged between first-class culinary and wine spots, quilting shows and sharing of literature. If a bit of country & western and a touch of rock is your go there is the superb tribute show to the *Eagles* by the *Bald Eagles* at the Normanville pub, and the brilliant *Rhythm Cats* at the Yankalilla Hotel where one schnitzel could feed the whole band.

There is something for everyone, and among the very special events is *The Bush Concert*, a performance by eight members of the Adelaide Symphony Orchestra and singer Susan Ferguson in the Jubilee Hall, Main South Road, Yankalilla on Saturday, April 22 at 11.30am and 1.30pm. *The Bush Concert* is brought to life with action, colour, music, song and dance. Tickets are just \$10, and the show is suitable for children as young as three.

The demographics are diverse down this way. You get the locals reared on sensational pasties at the bakeries, weekenders, farmers, transients and the tourists who have never seen cleaner water at the pristine beaches.

But as much as everything is stunning and everyone is so nice here, including Gillian and Barb who call themselves the music and art girls, and there is so much to do and see, it all gets back to coming up with something quirky and creative to bring a whole community together to put on an award-winning festival – the doors. With 20,000 people opening them at FF15, share the best seat in the house April 14-30, 2017. ■

www.festivalfleurieu.com.au

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info@coastlines.com.au

Remembering Joe

The Port Elliot Town and Foreshore Improvement Association is raising funds to erect a bronze bust of Joe Barton, a highly respected Port Elliot resident who lived here until his death in September last year, aged 99.

The association hopes to raise \$5000 to help cover the cost of the bust with the Port Elliot location yet to be confirmed.

Joe contributed greatly to the community as councillor for 10 years and as mayor 1989-91. He was involved with the Port Elliot Town and Foreshore Improvement Association, was chief controller for the Port Elliot CFS, and dedicated many years to Meals on Wheels into his early 90s.

To donate: Post a cheque to the PET&FIA, PO Box 530, Port Elliot SA 5212, or at the Port Elliot Post Office. Contact: Geoff Mudge 0427 224 753 or geoff.mudge@gmail.com

ADFAS new program

The Fleurieu committee Australian Decorative and Fine Arts Society (ADFAS) started an impressive program of six lectures for 2017 last month, with the next being Dominic Riley on Monday, May 1 with the topic being bookbinding.

Other lectures are on Monday, July 3 by Gerald Deslandes BA on sculptures; Henry Moore & Barbara Hepworth July 31 with Andrew Spira on the The Industrial Revolution & the Decorative Arts; September 4 Peter Warwick on the Antarctica; October 9 Lucia Gahlin on Nefertiti: images of Ancient Egypt's most intriguing Queen.

ADFAS is one of 35 ADFAS members. Visit: www.adfas.org.au

To book and more information: Jen LeMessurier 0417 084 003.



Stepping into big opportunity

Encounter Lutheran College has been a specialist basketball and dance school for a few years, and now it is ready to nurture some highly promising netballers with an exciting new program supported by Netball SA.

And the Year 5-12 girls couldn't get a better teacher for this new SACE course that Pauline Edwards, a former State under-19s coach who last September took Victor Harbor to yet another premiership since starting at the club as a player-coach 30 years ago.

With Victor Harbor High School an official football school, the region is offering our students further chance to fulfil their sporting and dancing dreams.

Pauline said while teaching the skills of netball was obviously a big part of the program, the course also focused on nutrition, plus strength and conditioning. "There are also other key elements to life like learning to prepare and organise yourself for games.

"It is an exciting program, not only for Encounter Lutheran College but the Fleurieu Peninsula. With such a good netballing region down here, this is fantastic for the sport."

Aims of the program include providing players with access to a flexible, supportive and an athlete-friendly academic environment.

Criteria for selection into the program is based upon a student's ability to meet criteria including a high level of ability and performance, and providing a positive role model for others in their approach to learning, school rules and behaviour. The students must play for a Great Southern Netball Association or equivalent club.

Pictured: School netballers ready for the exciting new program are (from left) Isabella Vincent (Year 9), Kate Lomman (Y10), Anais Mather (Y9) and Aimee Corby (Y8).

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Help a great cause

The Southern Peninsula 2017 Relay for Life will be held at the Victor Harbor Hockey Club grounds, Victor Harbor from noon, Saturday, March 25 til Sunday 10am. The candle light ceremony is on the Saturday night from 8.

It is a marvellous cause – everyone knows someone affected by cancer, and Cancer Council SA needs our support.

Cost per entrant is \$20 and you receive a R4L T-shirt, access to live music bands entertainment and a free cooked breakfast on the Sunday. Great value for a terrific cause.

So far this local group has raised just over \$21,000 and is desperately trying to reach a target of \$40K. Be part of a team or support the members. Contact the R4L headquarters on 1300 656 585 or e: events@cancersa.org.au

A stitch in April time

The Inman Quilters have us in stitches again. They're holding their 6th biennial quilt exhibition at the Inman Valley Hall in conjunction with Festival Fleurieu from April 22-24 – from 10am-5pm on the Saturday-Sunday, and until 2pm the Monday.

Proceeds to South Coast District Hospital. Admission \$3; children free. Enquiries: Glenda Trigg 0407 713 659.

Pop in to pop-up gallery

The Middle Craft Shop on the main stretch has opened its doors further with a pop-up art gallery. Joan Pead, on behalf of the Middleton Arts & Crafts Association, says the idea is to provide our talented and diverse artisans with a venue where community and creativity can connect in way that is inspiring and accessible for all.

"Although our focus is to support our amazing variety of artisans from the Fleurieu, we would welcome other artisans from around South Australia," Joan said.

"With our first venture into SALA, in 2016 we received a very generous donation from the Alexandrina Council to assist in the setting up of this new space. In turn, this led us to recognise the lack of constant venues for established and lesser known artists alike.

"We hope to see The Middleton Pop-up Gallery develop into a Fleurieu landmark by providing artisans with a venue where the focus is for the benefit of community."



Hey Leon, get on 'ya bike

As an acclaimed media photographer, Leon Mead has been told a many a time to "get on his bike", and now we're suggesting you do – literally. He's developed (deliberate pun) a new business Pedicabs, and it promises to be one of the biggest tourist boosts in Goolwa and further down the south coast.

Leon is taking tourists on pleasant pedicab or rickshaw trips like to Goolwa Barrage to view some spectacular sights of birds and other wildlife – and how to best photograph them with a few quick lessons. Then it's across the sandhills to the beach learning how to catch a few fresh cockles, perhaps another day taking a historical tour of the town and the countless other great places to visit. There's also the planned trail of some of our most iconic wooden boats.

"It's safe, relaxing and fun," Leon says. And we may add, he's a much fitting looking photographer at that.

"I just felt that a lot of tourists get off the Cockle Train from Victor Harbor and find it difficult to see the best of Goolwa because they don't know where to go or find it difficult walking," he adds.

There are also the general "pick-ups" and "drop-offs" along the safe bicycle tracks.

Leon, who worked as a photographer at *The News* for many years, is a Goolwa boy from way back, and for the previous 13 or more years ran a highly successful photography business, including media, tourism and wedding photography in Broome.

Give him a wave as you see him ride by, and take note of his mobile number on the pedicab: **0481 357 619**. Well done Leon.

Leon is pictured with one of his happy customers, Kate Crawford, of Goolwa.

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Village mumblings cont.

Ink this great job in

Chances are that you weren't one of the thousands who descended upon Adelaide from overseas and interstate last month for the 3 Eyes Tattoo Convention at the Adelaide Convention Centre as part of the Fringe Festival. There was enough ink there to colour-in Australia, and this well-organised event was great for South Australia. The ink also had a close link to our south coast – every bit of printing, all the banners, flags and signs and giant signs were done perfectly by our printer SA Design & Print – all at Port Elliot. They even decked out buses and trams in the city with splashes of advertising to promote the event. Well done Geoff, Sue, Nick, Todd and Mike. Another example of our local businesses producing quality work for around the state. Oh, if you missed the convention, it was so



It's a Olympic qualifying event consisting of a 1500m swim, 40km bike ride and a 10km run.

It also means some road restrictions for a few hours, but if residents need to get out they can with the help of the numerous marshals. Lisa (pictured) and husband Chris run the The Boulevard Cafe on Bartel Blvd, Encounter Bay, which is in the heart of the triathlon event, and they're hoping more people will embrace the event rather than grizzle.

They're also trying to make it an even nicer day by organising a market, and they would welcome more stallholders and community groups.

There will be live music, kids activities, a BBQ and a market is not a market without a hot potato stall. Give Lisa a call if you are interested and find out what stalls you may have – 8552 5092 or e: theboulevard1@hotmail.com

Well done Lisa & Chris.

Art on show

The Rotary Club of Goolwa will again present its annual photographic and art exhibition at Signal Point from April 8-23.

It coincides with the SA Wooden Boat Festival from April 22-23, so if you get your entries into the judges by March 6 your magnificent work will be viewed by thousands.

The feature of this exhibition, which carries \$15,750 prizemoney, is the Alexandrina Art Prize. This year's judges are: art (paintings/drawings) – Gerhard Ritter (SA artist), Sonya Hender (gallery owner and art lecturer), Carol Gaston (art critic); photographic work – John Hodgson and Susie Lipert, who are international judges, and Peter Phillips (club and national judge).

Event organiser and chairman Don Richardson, who has done a marvellous job with this event over the years, said the committee was fortunate to have this year's exhibition coincide with the Easter school holidays, Easter week and the SA Wooden Boat Festival.

"Traditionally these events bring over 40,000 people to the town so for artists who do exhibit we can offer lots of exposure," he said.

Entry forms: www.goolwaexhibition.org.au or manual entry forms: Goolwa Rotary Club, PO Box 193, Goolwa 5214.

Cafe sets a nice pace

Victor Harbor will host another triathlon SA state series event on Sunday, March 12 thanks to the amazing dedication by our super promoter and organiser Sid James.

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Victor Harbor, we have bundles of info on bundles. Come in store for a chat today.

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and Saturday 9am to 12 noon



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Goolwa SA 5214



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



08 8555 7000



alex@alexandrina.sa.gov.au



facebook.com/AlexandrinaCouncil



Alexandrina hosts Indonesian Exchange Students

Alexandrina Council was privileged to host three Indonesian Exchange Students across two weeks in late November and early December, as part of the Australia-Indonesia Youth Exchange Program (AIYEP).

The program is based around groups of young Australians and Indonesians living with host families in one another's country for two months to experience a variety of cultural and professional practices.

This year Council welcomed I Putu Dimas Bala Rena, Desi Aprianti, and Gratsia Kancanamaya, known simply as Dimas, Desi and Aya, to the Fleurieu Peninsula and Alexandrina Council, which enabled them to gain valuable insight into the Council's day-to-day operation.

Dimas, Desi and Aya stayed with families in Goolwa and Hindmarsh Island; Dimas with the O'Connell family, Desi with the Davis family, and Aya with the Harvey family.

All students hold positive, community-driven aspirations for their professional life, such as working for non-government organisations, lecturing at university, working for the betterment of their local community and spreading knowledge to those with lesser opportunities.

During their stay on the Fleurieu Peninsula, the students undertook work with departments within Alexandrina Council; Dimas with

Governance and Strategy, Desi with Arts & Culture and Tourism, and Aya with Library & Customer Service.

One thing the students will miss will be the beautiful, unique landscape we call home.

Dimas, Desi and Aya are inspiring, hard-working people who have a very bright future ahead of them, no matter what they choose to do with their lives.

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March

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National Youth Week

31 March – 9 April 2017

National Youth Week 2017 is a time for young people aged 12-25 to celebrate what makes them unique, share their talents and ideas, meet new people, and become positively involved with their community. This year's National Youth Week in early April reinforces the theme of 'youTHRIVE', emphasising the importance of young South Australian's physical, mental, emotional and social wellbeing.

Sometimes our youth can feel a bit overlooked and disenfranchised, National Youth Week provides a platform for those to voice their opinion and have a say about things that are important to them. Alexandrina Council has been successful in being awarded a

\$4,000 State Government grant to hold a Youth Week event in Strathalbyn. Council will be working alongside the region's youth community, the Strath Neighbourhood Centre and Growing Life Connections to deliver this event.

A Youth Week Survey conducted in late 2016 invited young people in Strathalbyn to provide ideas to Council on what kind of activities they would like to see happening in Strathalbyn in Youth Week. The focus of this year's Youth Week event will be a pop-up cinema, as this was the most popular event suggestion from the survey. The event will be held on Friday 7 April.

It is intended that the event will be largely youth-driven, with input being sought from local young people during a series of planning workshops held throughout February. By participating in the workshops, young people are provided with opportunities to develop event management and decision-making skills and become more involved and active in their community.

If you are aged 12-25 and are keen to be involved but missed the workshop sessions, don't worry – there is still an opportunity to contribute to the event by joining the event team and helping to promote the event and volunteer on the day. Please contact our Community Wellbeing Officer Bev Boag on 8555 7000 or email bev.boag@alexandrina.sa.gov.au to register your interest.



Goggle up – the Fleurieu

Aquatic Centre is set to open later this month!

The Fleurieu Aquatic Centre is a joint initiative of the Alexandrina Council and the City of Victor Harbor, with funding support from the Australian Government and the State Government's Community, Recreation and Sport Facilities Program.

The new Centre is located on the corner of Waterport and Ocean roads in Hayborough.

Memberships for the Centre are now available to purchase and range from full access memberships to casual visit passes, plus swimming lesson memberships.

YMCA swimming lessons work toward all four competitive strokes – freestyle, backstroke, breaststroke and butterfly – as well as personal survival skills that will keep your child safe in the water.

As an Austswim Recognised Swim Centre, you can rest assured that your child will receive the best aquatic education available with nationally accredited swimming instructors.

All swimming students become a member of the Fleurieu Aquatic Centre and have unlimited access to practice their newly learned skills outside of lesson times or just have fun in the pool with their family and friends.

The Centre's programs are designed to meet the different needs of clients, from young people through to older adults and people with disability. Aquatic fitness and lap swimming programs will also be available. For more information, including membership prices and opening hours, please visit www.fleurieuaquaticcentre.com.au

Events

Why Grow Free?

4 March 2017 at 10am

Location: Strathalbyn Library

Community Centre

Gardening workshops introducing a community group with a difference.

Enquiries: 8555 7000

www.alexandrina.sa.gov.au

Lanza Sings Again

The Glorious Hits of Mario Lanza

Lanza

5 March 2017 at 2pm

Location: Centenary Hall, Goolwa

Bookings: 1300 466 592

www.visitalexandrina.com

The 60 Four

11 March 2017 at 7pm

Location: Centenary Hall, Goolwa

Four-piece group presenting the hottest, freshest 60s tribute act.

Bookings: 1300 621 255 or

www.adelaidefringe.com.au/

fringetix

Adelaide Fringe Caravan

12 March 2017 at 10.30am

Location: Jaralade Park, Goolwa

Bring a picnic and enjoy an array of acts for the young and young at heart.

Enquiries: 8555 7000

www.visitalexandrina.com

At the Wharf

12 March 2017

Location: Signal Point Gallery Deck,

Goolwa Wharf Precinct

Celebrate Cittaslow's 10th Birthday,

featuring Damushi Ensemble Band.

Enquiries: 8555 5801

www.cittaslowgoolwa.com.au

Women of the River Country

18 March - 24 April 2017

Location: South Coast Regional Art

Centre, Goolwa

Enquiries: 8555 7000

www.visitalexandrina.com

Burt Bacharach – Magic Moments

25 March 2017 at 7.30pm

Location: Centenary Hall, Goolwa

Tribute show, Burt Bacharach is one

of the most prolific and successful

songwriters of the 20th century.

Bookings: 1300 466 592

www.visitalexandrina.com

Ringbalin - Dancing the River Festival 2017

2 April 2017 at sunset

Location: Bristow Smith Reserve,

Goolwa

Enquiries: 0407 729 681

www.anangukuarts.com.au

Pop-up Cinema Youth Week Event in Strathalbyn

7 April 2017

Awesome events and activities will

be held across the state throughout

National Youth Week, 31 March – 9

April, watch Facebook and our website

for more details about the Strathalbyn

event.

Enquiries: 8555 7000

www.alexandrina.sa.gov.au/opal

Miss Kitty's Karavan - In 'Matters of Life and Debt'

8 April 2017 at 8pm

Location: Mount Compass War

Memorial Hall, Mount Compass

Six performers and musicians who draw

their musical influences from gypsy jazz

to rock, swing, disco and everything else

in between.

Enquiries: 0427 386 220

Bookings: 03 9005 7750

www.ticketebo.com.au//

mcsupperclub

Goolwa Art and Photographic Exhibition

9 - 23 April 2017

Location: Signal Point Gallery, Goolwa

Enquiries: goolwaexhibition@

gmail.com

The Amazing Magic Mike - Kids Magic Workshops

17 April 2017 at 10am and 1pm

Location: Centenary Hall, Goolwa

Bookings: 1300 466 592

www.visitalexandrina.com

Cole - Starring Michael Griffiths

26 April at 7.30pm

Location: Centenary Hall, Goolwa

Bookings: 1300 466 592

www.visitalexandrina.com

Silent Disco 4 Kids Party

27 April 2017 at 10am

Location: Strathalbyn Library and

Community Centre

Bookings: 8555 7000

www.alexandrina.sa.gov.au/libraries



2017 South Australian Wooden Boat Festival

The Festival will be a wonderful showcase of beautiful wooden boats. There will be boats aplenty, on water and on land, ranging from canoes and rowing skiffs, to traditional wooden boats large and small as well as a number of paddle wheelers led by our flagship the PS Oscar W. The Goolwa Wharf Precinct will be the place to enjoy local food, wine and beer and provides great viewing of all the on-water activities.

Where	Goolwa Wharf Precinct
When	Saturday & Sunday, 22 - 23 April 2017
Enquiries	Goolwa Visitor Information Centre
	1300 466 592 or visit
	www.sawoodenboatfestival.com.au

Fleurieu Dog Themed Art Exhibition

29 April 2017 at 10am

Location: Port Elliot Dog Park

Enquiries: 0407 075 216

Sista Girl

5 May 2017 at 1pm

Location: Centenary Hall, Goolwa

Bookings: 8415 5314

www.statetheatrecompany.com.au

Our MOB 2015

5 May - 11 June 2017

Location: Signal Point Gallery, Goolwa

Enquiries: 8555 7000

www.visitalexandrina.com

Good Things Small Packages

5 May - 18 June 2017

Location: South Coast Regional Art

Centre, Goolwa

Enquiries: 8555 7000

www.visitalexandrina.com

Pianola Colada

May and throughout 2017

Location: Goolwa Wharf Precinct

What happens when you plonk a piano

on the Goolwa Wharf? Will the next

child prodigy be found in a crowd?

Will groups spontaneously gather to

sing around it? Let's find out when

one hits the ground in May!

Enquiries: 8555 7000

www.visitalexandrina.com

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Bendigo Financial Plan	\$200
Personal Loan	\$100
Two or more other products[^]	\$50
Bendigo Insurance policy	\$20



Go. See.

Presented by Goolwa & District Community Bendigo Bank

It's off to market we go!



** Markets subject to change; please check details.*

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

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

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

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.

Just a thought... *Money cannot buy happiness, but it keeps the kids in touch.*

Saturday, March 4

The Friends of Encounter Coast will host its first International Women's Day Brekkie on March 4 from at 8am at the Anchorage Hotel, Victor Harbor. Guest speaker will be Canadian-born Dr Catherine Kemper, an 'unsung hero' for science 2016. Tickets \$20; Lyn 0402128326.

Sunday, March 12

The Adelaide Fringe Caravan returns to Goolwa at Jaralde Park at 10.30am. Enjoy a superb day with an array of acts for the young and young at heart. It's free, and for all ages.

March 18-April 24

Women of the River Country – 16 women of strength, passion and dedication will be profiled in this wonderful, free exhibition at the South Coast Regional Arts Centre Wed-Fri 11am-4pm and Sat-Sun 10am-4pm.

Tuesday, April 4

The Bust'n Out team is having another big breast cancer fundraising day with a fabulous and fun luncheon at Fleurieu's, Barrage Rd, Goolwa from noon. You will get even more laughs and entertainment from commedienne Kehau Jackson. It's just \$30 per ticket. T: Rosemary 0408308220 or e: rosemary@thesage.biz

Saturday, April 8

Miss Kitty's Karavan in Matters of Life and Debt presented by Mount Compass Supper Club and Alexandrina Council at War Memorial Hall. All ages. Cost \$25. Tickets: www.ticketebo.com.au/mcsupperclub or from Mount Compass Post Office or at the door on the night.



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Image: Ian Morton

Aboriginal nations gather in Goolwa for special ceremony

Sunday, April 2

The Ringbalin Ceremony will once again be performed at the Murray-Darling River system to heal the rivers and unite the Indigenous peoples of the region. Starting in Walgett on the Barwon River, the ceremony will bring together traditional dancers from five Aboriginal nations to celebrate the creation stories of the river tribes and call on the spirits of their ancestors to heal the rivers.

Ringbalin began in 2010 by Tal-Kin-Jeri cultural director Major 'Moogy' Sumner, and the Tal-Kin-Jeri Dance Group from the Coorong where the Murray River meets the sea. Tal-Kin-Jeri and Indigenous dancers from as far north as Murra Murra Station in Queensland, through NSW, Victoria and South Australia will come together to revive an ancient tradition of travelling up the rivers

for trading and ceremony.

"In times of environmental stress and the effects of social and economic disadvantage on our people, we need to unite and revive our cultural practices to heal each other and heal the environment," Major Sumner said.

This year's journey will start in Walgett on March 25, and after Aboriginal dance groups gather in Menindee Lakes, Albury, Renmark and Murray Bridge they will combine in Goolwa at Bristow Smith Reserve on Sunday, April 2 at sunset for the final ceremony.

Free event; no bookings required. Enquiries: 0407 729 681. Bring your own chairs and picnic.

www.anangukuarts.com.au

Sunday, April 2

The McLaren Vale Vintage & Classic – one of the great award-winning events on the tourism calendar – will roll along from 11 am. More than 500 finely tuned machines

will parade along the main street of McLaren Vale to help you soak up the atmosphere. And don't forget the event's charity dinner at Serafino, McLaren Vale on the eve of their Classic – Saturday, April 1 (no foolin'). It's tremendous value at \$100 per person including three course meal, drinks plus a guest speaker. And all the funds go to local charities. www.trybooking.com/236499 or T: 0415 820 719.



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South Australian Wooden Boat Festival River Port of Goolwa April 22-23, 2017

Presented by Alexandrina Council • Sponsored by Lakeside Goolwa



Image: Kate Elmes

Free festival shaping up well

The 15th biennial South Australian Wooden Boat Festival at the River Port of Goolwa on April 22-23 – a free event – is on its way and a comprehensive list of activities will present a fabulous weekend for families.

Of course, the focus is on appreciating the ageless craft of wooden boat making – and there will be demonstrations – but this festival filled with on-water and on-land events is about having fun.

The festival is possible through generous sponsorship, especially from Lakeside Goolwa and the South Australian Tourism Commission, and is presented by Alexandrina Council through the Goolwa Wharf Precinct and a committee of volunteers led by its chairman Garry Coombes.

There is also emphasis on what the name suggests – a South Australian festival – and the support of towns up-river, including a river-run in the week leading up to the festival, has been outstanding and will help steam up the excitement.

The grand parade on both days will be led by the paddle steamers Oscar W and Marion, who will be followed by other paddlers and the parades of different classes of all kinds of wooden boats – rowboats, canoes, cruisers, Halvorsens, put-puts, solar and steam boats. There will be the Restricted 21 races competing for the Acrosphire II Trophy, and Vintage



riverboats races vying for the Governor's Cup and the Neil Shaw Trophy, and the St Ayles Skiff will be racing and providing demonstrations.

The on-land activities will add to the festival atmosphere, especially the traditional Rough 'n Ready competition where teams make a boat and launch it to the roar of the crowd. It's great fun, and the activities and demonstrations will extend around to the Goolwa Regatta Yacht Club and the Aquatic Club on Barrage Road.

A comprehensive list of events will appear in the April edition of *Coast Lines*.

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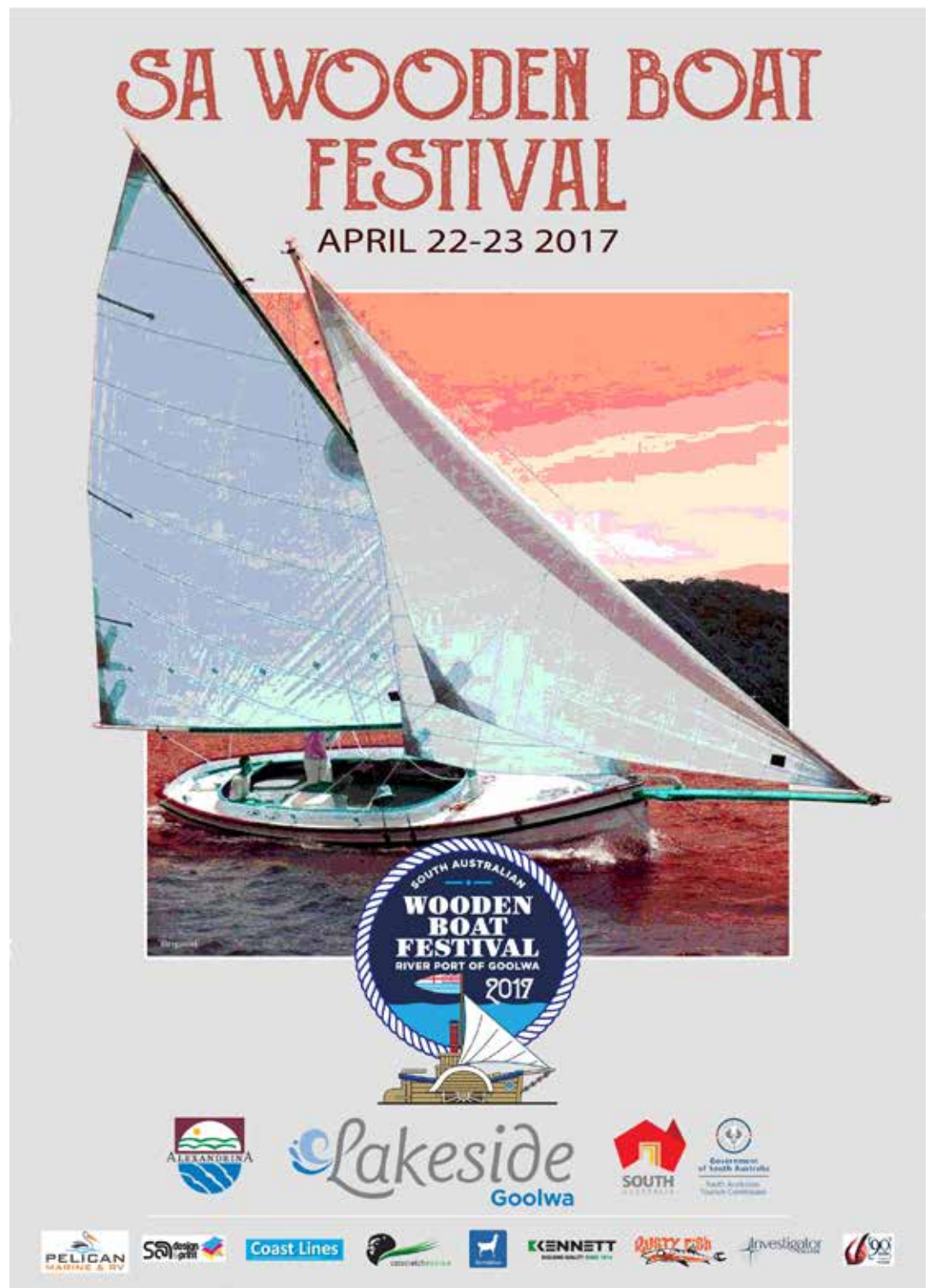
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www.sawoodenboatfestival.com.au



Souvenir poster features *Brigand*


Renowned local artist James Stewart, a sponsor and member of the 2017 SA Wooden Boat Festival committee, has featured *Brigand* on the festival's new limited edition poster. A wonderful tradition was set by organisers of the first festival in 1987 with a commemorative poster, and this one has special significance because of the history surrounding the *Brigand*. The 28-foot gaff rig cutter was built by pioneer Fred Potts in Langhorne Creek and was launched on November 29, 1890, at Milang. In 2002 the *Brigand* was bought by Dr Roger Badham, of NSW, and because he wanted it returned to the region he gifted the boat to Alexandrina Council, which owns the SA Wooden Boat Festival. The poster theme has also been used on the official labels of wine generously sponsored by 90 Mile Wines. Details on how limited copies of the poster will be made available to the public will be announced on the festival's website: www.sawoodenboatfestival.com.au




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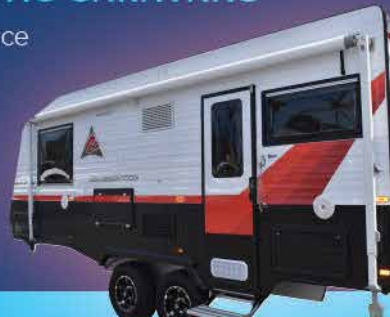
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Hidden Figures

(PG) Drama starring Taraji P. Henson, Octavia Spencer and Janelle Monae. Directed by Theodore Melfi. 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 U.S. history. Based on the unbelievably true life stories of three of these women, known as "human computers", we follow these women as they quickly rose the ranks of NASA alongside many of history's greatest minds specifically tasked with calculating the momentous launch of astronaut John Glenn into orbit, and guaranteeing his safe return. Dorothy Vaughn, Mary Jackson, and Katherine Johnson crossed all gender, race, and professional lines while their brilliance and desire to dream big, beyond anything ever accomplished before by the human race, firmly cemented them in U.S. history as true American heroes. **Concludes March 8.**

The Great Wall

(M) Drama starring Matt Damon, Pedro Pascal, Willem Dafoe, Andy Lau, and Numan Acar. Directed by Yimou Zhang. When a mercenary warrior (Matt Damon) is imprisoned within the Great Wall, he discovers the mystery behind one of the greatest wonders of the world. As wave after wave 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. **Concludes March 8.**

A United Kingdom

(PG) Drama starring Rosamund Pike, David Oyelowo, Tom Felton and Charlotte Hope. Directed by Amma Asante. Prince Seretse Khama of Botswana causes an international stir when he marries a white woman from London in the late 1940s. **Concludes March 15.**

A Street Cat named Bob

(PG) Drama, biography movie starring Luke Treadaway, Joanna Froggatt, Ruta Gedmintas and Anthony Head. Directed by Roger Spottiswoode. A stray ginger cat changes the life of James Bowen (Luke Treadaway), a homeless London street musician and recovering drug addict. **Commences March 3.**

Jasper Jones

(M) Drama starring Toni Collette, Hugo Weaving, Dan Wyllie, Levi Miller, Aaron McGrath and Angourie Rice. Directed by Rachel Perkins. Jasper Jones is a riveting and moving Australian coming of age story about Charlie Bucktin, a bookish boy of 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,

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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.**

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 squashes his son's (Jovan Adepo) 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. Directed by Jordan Vogt-Roberts. Explorers (Tom Hiddleston, Samuel L. Jackson, John Goodman) encounter a gigantic ape and other monstrous creatures after travelling to an uncharted island in the Pacific Ocean. **Commences March 10.**

Manchester by the Sea

(MA15+) Drama starring Casey Affleck, Michelle Williams and Lucas Hedges. Directed by Kenneth Lonergan. 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 March 17**

Life

(CTC) Sci-fi, thriller movie starring Jake Gyllenhaal, Ryan Reynolds and Rebecca Ferguson. Directed by Daniel Espinosa. 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, and their methods end up having unintended consequences, 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 and Luke Evans. Directed by Bill Condon. Belle (Emma Watson), a bright, beautiful and independent young woman, is taken prisoner by a beast

(Dan Stevens) in its castle. Despite her fears, she befriends the castle's enchanted staff and learns to look 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.**

Alone in Berlin

(M) Drama, war movie starring Emma Thompson, Brandan Gleeson and Daniel Bruhl. Directed by Vince Perez. Berlin, 1940. Working class couple Otto and Anna Quangel receive the news that their only son has lost his life in the battlefield and decide to resist the Nazi regime in their very own way. Soon the Gestapo is hunting "the threat". **Commences March 24.**

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Hic, hic, hooray

A lady goes to the bar on a cruise ship and orders a Scotch with two drops of water. As the bartender gives her the drink she says: "I'm on this cruise to celebrate my 80th birthday and it's today."

The bartender says: "Well, since it's your birthday, I'll buy you a drink."

As the woman finishes her drink the woman to her right says: "I would like to buy you a drink, too."

The old lady says: "Thank you... bartender, I want another Scotch with two drops of water."

As she finishes the drink, the man to her left says: "I would like to buy you one, too."

The old woman says: "Thank you... bartender, another Scotch with two drops of water."

As he gives her the drink, he says: "Ma'am, I'm dying of curiosity. Why the Scotch with only two drops of water?"

And the old lady says: "Sonny, when you're my age you've learned how to hold your liquor... holding your water, however, is a completely different matter."

Love hurts

A young Scotsman named Kevin shows obvious delight as the train pulls into Victoria Station in the heart of London. A passenger opposite says: "First time in London?"

"Aye," says Kevin. "And not only that, I'm on my honeymoon."

The passenger looks surprised. "Then, where is your wife?"

And Kevin says: "Oh, she's been here before."

Laugh Lines

An old tail

As the stranger enters a country store, he spots a sign: "Danger! Beware of the Dog".

Inside, he sees a harmless old Bassett hound asleep in the middle of the floor. He laughs, and says to the shop owner: "Is this the dog we're supposed to beware of?"

The shop owner says: "Yep, that's him."

The stranger says: "He doesn't look dangerous to me... why would you post that sign?"

And the shop owner says: "Because before I posted that sign people kept tripping over him."

Sister of a gun

Historians discover that Annie Oakley, famed sharp-shooter of the Old Wild West, had a sister named Carrie.

Incredibly, they find that Carrie, gained some renown in her day as a singer in various saloons throughout the West, but it was not until after her death that she was very widely known.

Today, countless bars are dedicated to Carrie Oakley.

Hello, hello, hello...

A French policeman stops an Englishman's car and asks if he has been drinking.

With great difficulty, the Englishman admits that he has been drinking all day, that his daughter got married that morning, and that he drank champagne and a few bottles of wine at the reception, and many single malts scotches thereafter.

Quite upset, the policeman proceeds to breath test the Englishman and verifies that he is indeed totally sloshed. He asks the Englishman if he knows why, under French Law, he is going to be arrested.

The Englishman says: "No sir... do you realise that this is a British car and that my wife is driving on the other side?"

Dad jokes...

Where did the hamburger take his date? To the meat ball.

What do you say when you tickle a rich girl? "Gucci Gucci Gucci!"

Why was the gym wet? Because the basketball players dribbled all over it.

Why is sleeping a top-secret activity? Because you are under cover.

What did the grape say when the elephant stepped on it? Nothing. It just let out a little wine.

Why can't a bike stand up by itself? Because it's two-tired.

What did the blanket say to the bed? I've got you covered.

Why was the electrician disqualified from the race? Because he made a short circuit.

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Puzzles

answers P33 (and don't cheat)

Crossword

Across

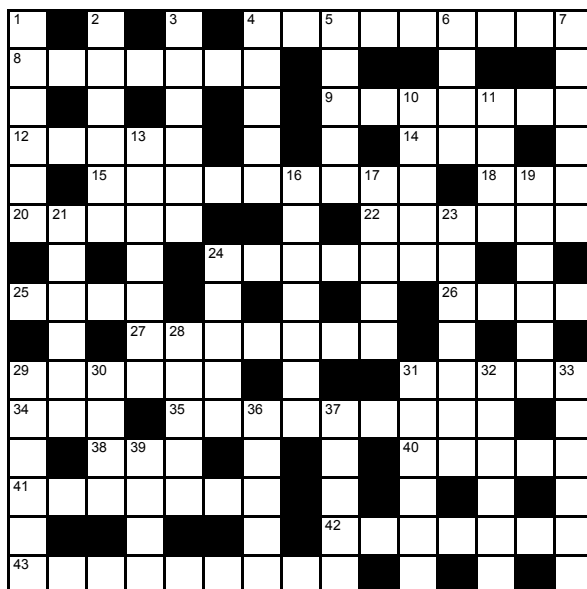
4 Wild pranks
8 Unanimity
9 Ways of viewing
12 Fragrance
14 Respectful fear
15 Records
18 Female deer
20 View
22 Speaks
24 Tool
25 Poem of heroism
26 Water pitcher
27 Rubbers
29 Protection for ship's side
31 Play for time
34 Land measure

35 Continued despite opposition
38 Top card
40 Snake
41 Sudden involuntary inclination
42 Dark viscous syrup
43 In some other place

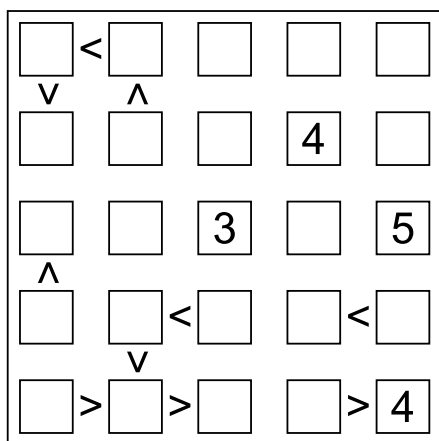
Down

1 Fragments
2 Call for repeat
3 Respect paid
4 Borders
5 Stop
6 Afresh
7 Waistbands
10 Adhesive
11 Yield
13 Threatened

16 Merchants
17 Ladder steps
19 Severe trial
21 Metal
23 Paid another's expenses
24 Be merciful to
28 Force back
29 Extreme food scarcity
30 Tide attaining least height
31 Pollen-bearing organ
32 Slave to a habit
33 Food cupboard
36 Bailiff
37 Angry
39 Remedy



Futoshiki

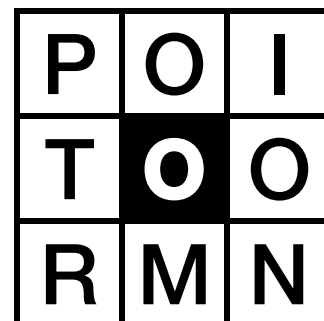


The aim of the Futoshiki puzzle is to fit the numbers 1 to 5 into the 5x5 grid, so that every row and column contains every number only once. You also have to satisfy the less than (<) and greater than (>) signs. A less-than sign, <, means that the number it points at must be less than the number on 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

Average 23, Good 29, Excellent 35+

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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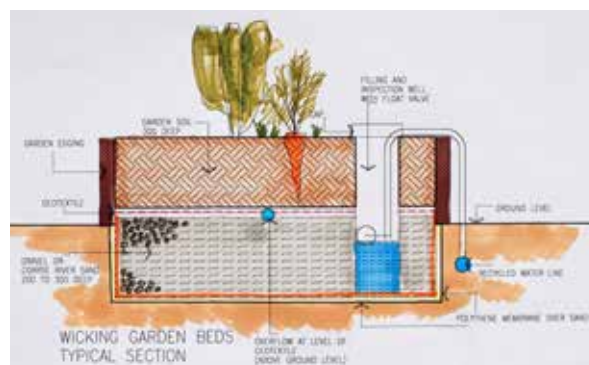
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Wicking beds back in favour

Even though this year has been the wettest summer in what seems like an eternity, there are still hot dry spells ahead in the autumn months resulting in wicking beds becoming quite popular. It's easy to understand why – they offer many benefits including:

- **Water efficiency:** They are watered from the bottom up so there is no evaporation
- **Self watering:** a full wicking bed can support the garden bed for about a week
- **Bottom-up watering:** It's the natural way plants get their water (other than when it rains). If plants are watered from the top down too often their roots begin to grow up to the surface. They can burn and dry out very quickly, causing the plant to suffer
- **Water is contained:** It means there is no risk of seepage in unwanted areas like under-house foundations, sheds, etc. It also slows down weeds surrounding the beds
- **No salting of soil:** Evaporation from surface watering causes the salt and minerals to be left on the surface of the soil, and in the long run leaves the soil stripped of nutrients and cannot support life
- **Drainage for heavy rain:** If there is a heavy downpour there is sufficient drainage so the plants don't drown/rot



- **Warms up quicker:** Because the bed is raised it has the benefit of warming up quicker than in-ground beds
- **Saves bending over:** Particularly ideal for someone with a sore back – there is no need for bending over to harvest your crop, and...
- **Contained from weeds:** Because the bed is completely concealed from the outside ground the spreading of weeds is minor.

Wicking beds take a little bit of organising and setting up, but a wise man once said: *Take the time it takes now, so it will take less time later.* The benefits of wicking beds are definitely worth the bit of extra cost and effort at the start, and save time and money later.

Almost all you need for building a wicking bed can be found at DSM Landscape & Building Supplies – hardwood sleepers, builders' plastic, gravel, sand, soil, mulch, pea straw and seedlings.

There are plenty of helpful guides online to building your own wicking bed. They vary slightly, but have the same general purpose: save water and save time! It will help you to read-up on what style of wicking bed will suit you the most. Happy gardening!

Emily



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It can be a nightmare for parents thinking of what to prepare for their children to put in their school lunch box. As we celebrate Harmony Day Investigator College teacher David Marks says we can learn from another culture and...

Eat healthy – go Japanese

Once upon a time school canteens sold countless pies with sauce, chips and cream buns, and health wise many of the kids never lived happily ever after.

Today, everything is about providing healthy and enjoyable food. Thank goodness, literally. And at Investigator College the days of the Aussie schoolyard tucker has changed so much many of the students are making and packing their own lunch boxes filled with Japanese food.

Encouraging the students to be more responsible for their own well-being and eating Japanese food is Japanese teacher David Marks, who firmly believes that, to study a language other than English you must first experience the country's culture.

"Japanese food is healthy because there are a lot of vegetables, and they have a good balance of food," David said. "Their portion sizes are balanced. There is a lot of home-grown ingredients.

"A few years ago I stayed with our host family on a school trip and every vegetable I ate on our four days was grown next to their house in their own garden patch. The fresh vegetables were just amazing.

"The grandma and grandpa were retired and lived with the family, so their job was to grow veggies for the family. It is a fantastic existence.

"Japan has a lot of little restaurants so you have a good choice of foods, and most young people will not do any cooking because it is



really cheap to eat-out and all of the food is fresh and healthy, plus you have such a large variety.

"Vegetables are the key ingredient... it's rice, fish, vegetables. We probably eat too much red meat, too many fatty foods; they have the balance.

"In the western world we often think of rice being full of calories and dense as we need to be careful with it, but if you balance it out the Japanese would eat rice where we would eat bread. They seem to cope better than we do."

The Year 9 students at Investigator have got into Japanese cooking so much they do a *Master Chef*-like competition where they need to make a Japanese dish.

"The students love it," David said. "One of the good things about the challenge is that they realise how easy it is to cook Japanese, and most importantly to cook a healthy meal.

"We had three boys a couple of years ago that brought in a Rainbow trout and cooked it as part of a Japanese dish. It was just sensational.

"For our students to realise that a healthy dish is not hard to do is a real positive. While this is a popular element of our Japanese course, the real message is that eating healthy foods can be economical and cheap.

"Japanese is a lot of fun teaching, and it is an amazing culture. Learning a language makes you reflect on what is your culture and what is important to you. Learning about food encourages the

students to think, okay, what are our meals that we have, and what does it say about our culture with the foods that we eat?"

Investigator College Japanese teacher David Marks is pictured with Year 11 students (back row from left) Amy Davis, Stephanie Hayes, Charlie Zitterbart, Andrew Fyfe, and at front tasting some Japanese cooking, Courtney Marks.

Puzzle answers

Target: Average - 23, Good - 29, Excellent - 35+: import, into, iron, minor, monitor, moon, moor, moort, moot, moron, motion, motor, nitro, norm, omit, onto, option, pinto, piton, point, poor, porn, port, portion, potion, primo, prion, prom, PROMOTION, proton, riot, romp, room, root, roti, tori, torn, trio, troop.

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Tuesday, March 21: Harmony Day

Food is the international language



ECUADOR

By Alexandra Conde Kovach

Pescado Encocado

Pescado encocado or fish with coconut sauce is an Ecuadorian coastal dish of fish seasoned with citrus and spices and then cooked in a sauce of cilantro, onions, tomatoes, bell peppers and coconut milk.

Ingredients

2½ lbs halibut or any other fresh fish, cut in medium size chunks
¼ cup lime juice, from about 2 limes
Juice from 2 oranges
4 garlic cloves, crushed
1 tsp cumin powder
1 tsp paprika
1 tsp ground coriander seeds
2 tbs sunflower or olive oil
1 medium sized onion, diced
2 bell peppers, diced
4 roma tomatoes, peeled and chopped
14oz can of coconut milk
3 tbs coriander, finely chopped
Salt to taste

Method

Mix the lime juice, orange juice, crushed garlic, cumin, paprika, coriander powder and salt in a small bowl. Marinate the fish chunks

for 1-2 hours. Heat the oil add the diced onions, tomatoes, bell peppers and salt, cook for about 5 minutes on medium heat.

Add the coconut milk, mix well and cook for about 10 minutes, if you prefer a thicker sauce you can thicken the sauce by adding ½tsp of tapioca starch or corn starch.

Add the fish fillets, cover partially and let simmer for about 20-25 minutes. Sprinkle with coriander and serve with rice and fried ripe plantains.



THAILAND

By Somsong Wale

Delicious Pad Thai

Ingredients

200 grams rice noodles
40 grams Tofu
Cooked chicken
1-2 eggs lightly beaten
3 Spring onions
100 grams bean sprouts
Soy sauce
Oyster sauce
Sugar
Crushed, roasted peanuts

Method

Soak noodles in hot water until soft, drain and rinse. Dice tofu and slice chicken.

Heat oil in hot wok. Add egg and scramble.

Add tofu and chicken and stir-fry. Add noodles and lower the heat. Add sugar, soy sauce, oyster sauce and mix through.

Mix in bean sprouts and remove from heat. Cover. Serve on warmed plates with slice of lemon or lime and add peanuts.

LAOS

By Malaithong Anothai

Yam Nuah

Ingredients

500 grams beef rump steak
3 Lebanese cucumbers (390g) seeded and thinly sliced
4 fresh small red chilies, thinly sliced
4 green onions, sliced thinly
1 small red onion (100g) sliced thinly
½ cup firmly packed fresh mint leaves
½ cup firmly packed coriander leaves
1 tbsp grated palm sugar
2 tps soy sauce
¼ cup (60ml) fish sauce
¼ cup (60ml) lime juice

Method

Combine 2 tbsp of the fish sauce and 1 tbsp of lime juice in a medium bowl, add beef and toss to coat in marinade. Cover for 3 hours. Drain beef and discard marinade. Cook beef on heated oiled grill plate, grill or bbq until cooked as desired. Cover beef and stand for 5 minutes. Slice beef thinly. Combine cucumber, chilli, onion and herbs in a large bowl. Place sugar, soy sauce, remaining fish sauce and remaining lime juice in a screw top jar, shake well. Add beef and dressing to salad, toss gently to combine.

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Eat Wave with Jenny

Honey & Date Scones

Ingredients

3 cups self raising flour
¼ teaspoon salt
50g cold butter, cut into small pieces
¾ cup chopped dates
1 cup milk, plus extra for brushing
2 tablespoons honey
1 teaspoon finely grated lemon rind

Method

Preheat oven to 210°C. Line a baking tray with baking paper. Sift flour and salt into a bowl. Rub butter into flour using clean fingertips until the mixture resembles fine breadcrumbs. Stir the dates through the flour, then make a 'well' in the centre. In a separate deep bowl or jug place milk, honey and lemon rind and whisk together until combined. Pour this mixture into the 'well' in the flour mixture and gently stir with a rounded knife until a moist dough forms. At this stage a little more flour might need to be added - scone dough should be moist, but manageable. Roll the dough out onto a board lined with greaseproof paper and gently pat down until about 2cm to 3cm thick (it's not necessary to knead the dough).

Using a 5cm round scone cutter dipped in flour, cut into rounds. Place rounds on prepared baking tray, leaving a small space between each one. Any scone dough scraps can be lightly kneaded together to make more scones. Brush tops of scones lightly with milk.



Bake 10-12 minutes, or until lightly golden on top. Place on a wire rack to cool.

Note: Oven temperature and cooking time can be adjusted to suit your oven.

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