

Coast Lines

April 2017 Vol. 6 #86

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Cover



Flying 2000ft high in a gyrocopter is Adelaide Airports instructor Larry Jones (front) with your Coast Lines editor. Some call them lawnmowers with wings, and that's exactly how Larry started making them. **FULL STORY: P8-9**

This month



Easter: April 14-17

Some countries celebrate Easter on different days to the western world, which basically sets its

dates around the full moons of the Gregorian lunar calendar, particularly the moment in which the plane of Earth's equator passes through the center of the Sun, around March 20 and September 23.

The earliest you can have Easter is March 22, which last occurred in 1818 and won't happen again until 2285. The latest is April 25, which has not happened since 1943, and won't fall on this day again until 2038.

Not all countries have a holiday for Easter, including the United States of America, which is surprising being such a strong Christian-practising country.

The practice of decorating eggshells as part of rituals is ancient with the discovery of decorated, engraved ostrich eggs found in Africa that are 60,000 years old.

The Christian custom of Easter eggs, specifically, started among the early Christians of Mesopotamia, part of what we call today the Middle East. The eggs were stained with red colouring "in memory of the blood of Christ, shed at his crucifixion".



Anzac Day, Tuesday, April 25

The name Anzac is an acronym for Australian and New Zealand Army Corps, so technically should be all capital letters. However, the name falls into the category of familiar names that take only an initial capital. The usage is enshrined in *The Protection of the Word 'Anzac' Regulations*, administered by the Minister for Veterans' Affairs.

Last Post is a bugle call marking the end of the day, in a military context, and has been widely incorporated into Anzac Day services and military funerals. *Last Post* is 'sounded', not 'played'.

It is not to be confused with *The Last Post*, the name of a poem by the English poet Robert Graves describing a soldier's funeral during the Great War.

Anzac Day is a national day of remembrance in Australia and New Zealand that was originally to honour those who fought for these countries at Gallipoli against the Ottoman Empire during World War. Since the 1920s it has broadly commemorated all Australians and New Zealanders "who served and died in all wars, conflicts, and peacekeeping operations" and "the contribution and suffering of all those who have served". Anzac Day is also observed in the Cook Islands, Niue, Pitcairn Islands, and Tonga, and previously also as a national holiday in Papua New Guinea and Samoa.

South Australia has been a leader in commemorating those who served at Gallipoli having built Australia's first-ever memorial to those killed. It was unveiled on September 7, 1915, only four months after the first landings.

*** Check with local councils or your nearest RSL Sub-Branch for details on Anzac Day services.**

Key health events

April 7: World Health Day – Worldwide World Health Organisation.

April 13: International FND Awareness Day: Functional Neurological Disorder is due to a problem with the functioning of the nervous system, including the brain's inability to send and receive signals correctly. www.fndhope.org

April 18: World Heritage Day.

April 23-29: National Healthy Hips Week. www.healthyhipsaustralia.org.au

April 24-28: National Patient Experience Week. www.hconc.org.au



School days

Holidays: Friday, April 14- Sunday, April 30. Term 2: Monday, May 1 - Friday, July 7.

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A pool for everyone

It took award-winning collaboration of two councils, 788 skilled tradespeople and 18 months to fulfil a promise of delivering the south coast with a swimming pool.

Not only was the Fleurieu Aquatic Centre completed on-time and on-budget with the official opening this week, it has already earned international praise for its remarkable environmental elements, sensational design and building expertise.

After much debate whether we should have been given a 50 metre pool, the Alexandrina and Victor Harbor councils have presented three pools to meet the needs of the entire community. It has been a facility sorely lacking for so long.

The Fleurieu Aquatic Centre is a huge triumph for all concerned – especially the councils Kennett Builders Pty Ltd, the architects, all of the contractors and suppliers – and enormous

satisfaction for the Wright family, of the magnificent Beyond development, who presented the land to the councils for a paltry dollar.

There have been numerous people behind the scenes who have made this aquatic centre possible, including Alexandrina Council project manager David Moyle, senior managers of both councils, and especially the amazing Kennett Builders team led on site by senior project manager Paul Jennings and construction manager Scott Kennett.

The centre is owned by the councils, run by the Fleurieu Regional Aquatic Centre Authority chaired by David Cook, and with the YMCA as manager. This is not about one person, certainly not one pool, but heartening proof of what can be achieved by working as one.

P16-22: The People's Pool



The Strand
gallery



*There is always
something new at the
Strand Gallery in
Port Elliot*



Century old art of enjoying one's life

Ida Hanks is a remarkable, incredibly delightful woman who has seen the world change so many times. It happens when you celebrate your 100th birthday like she did on Tuesday (April 4).

She has seen aeroplanes, telephones, televisions and computers evolve, been through two world wars and world financial collapses, and watched man land on the moon. "I've also had three monarchs and umpteen prime ministers (25) come and go, and some come back again," she said. And when asked what has surprised her most throughout her century of experiences she said: "That I'm still living." There lay her secret; never losing a sense of humour.



Ida is one of Victor Harbor's gems – a multi-media artist of note, photographer, book illustrator, milliner, antique collector and seller including at one stage having one of the finest collections of antique dolls in Australia. The antique trail she shared across South Australia and Victoria with her dear friend of 40 years and now carer, Joy Beecken, is remarkable.

And our Ida is still able to walk around and share a laugh. Not even a stroke in recent years, being deemed as legally blind and giving up her licence only five years ago has stopped our her from seeing the positives of this world. Actually, that makes her truly remarkable. "I have totally enjoyed myself," Ida said.

Ida and her husband Harry, who died about 20 years ago, had three children and now her motivation to keep as active as possible also stems from her seven grandchildren and four great grandchildren. Above everything, it has been art until a few years ago that has kept her mind constantly active.

The art trail began at Rembrandt Studios in Adelaide colouring photographs,

painting bark on her ventures through central Australia, having a lesson from the legendary Albert Namatjira, and enjoying a long association with the Rotary Club of Victor Harbor Art Show and the Southern District Art Group. Her different forms of art, including intricate images on blue glass and piano keys has earned international praise.

Ida has been lauded for her artistic talent, especially by her peers including another Victor Harbor artist of note Alfred Egel, who painted a portrait of her. There was also the American who bought every one of her bark paintings at one stage and presented them all over the world.

Ida's art days and watching the world change quicker than her Melbourne Cup fashion hats and trends in antiques are fading with her impaired vision, but she still believes there's always one thing that you can always do; smile. There is a 100-year-old lesson there for all of us. Happy birthday. ■



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Images: David Hancock www.stockoz.com

Get into the fun of our free festival

Our majestic wooden boats of all shapes and sizes carved and cared for with amazing passion are receiving their final preparation for the 15th biennial South Australian Wooden Boat Festival on the weekend of April 22-23.

The tradition of parading these wonderful examples of craftsmanship began in the heart of Goolwa from the Armfield Slipway and Boat Shed in 1987. Now get ready to once again enjoy a proud celebration of our historic river trade and the current array of sailing and boat craft of all kinds further along our mighty Murray River.

This free festival, presented by the Alexandrina Council with support of the South Australian Tourism Commission and

greatly appreciated major sponsorship by Lakeside Goolwa, is a fun day for the whole family. It's about countless volunteers, other valued sponsors and supporters highlighting the great character of this town. It also embraces the entire region and the towns up-river who have supported this event.

The cooperation and addition presented by the Goolwa Regatta Yacht Club and the Goolwa Aquatic Club, both which will have daily WBF events, has been invaluable.

The on-river action is virtually non-stop for two days ending with the grand parade of all the wooden boat entrants including the awesome paddle steamers with their smoke bellowing and their distinctive horns blasting. There is something for everyone at this

festival and linked events like galleries around the Goolwa Wharf precinct, a farmers' market and cultural experiences including a display and demonstrations of weaving from the museum at Camp Coorong.

And, of course, there will be plenty of action around the wharf, at the Goolwa Regatta Yacht Club and the Goolwa Aquatic Club starting with an action-packed rescue involving a helicopter from the Royal Australian Air Force 808 Squadron – if the team is not required to attend an emergency. There will be a display of one of Goolwa's most historic boats, the *Brigand*, which was donated by the Potts Family and magnificently restored by the team at Armfield.

And it wouldn't be a SA Wooden Boat Festival without the fun of the extremely popular Rough 'n Ready event (pictured left) where teams compete to build a boat as fast as they can – and hope it floats!

Of course, there will be some great action on the water with people of all ages captivated by the paddle steamers as the steam trains puff their stuff with trips on the historic line to Victor Harbor.

This festival is about reviving the spirit of the ageless craftsmanship of wooden boats, and the people behind them. We welcome tourists from afar to the township to be part of this great event. Enjoy!



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On-water program

Saturday, April 22

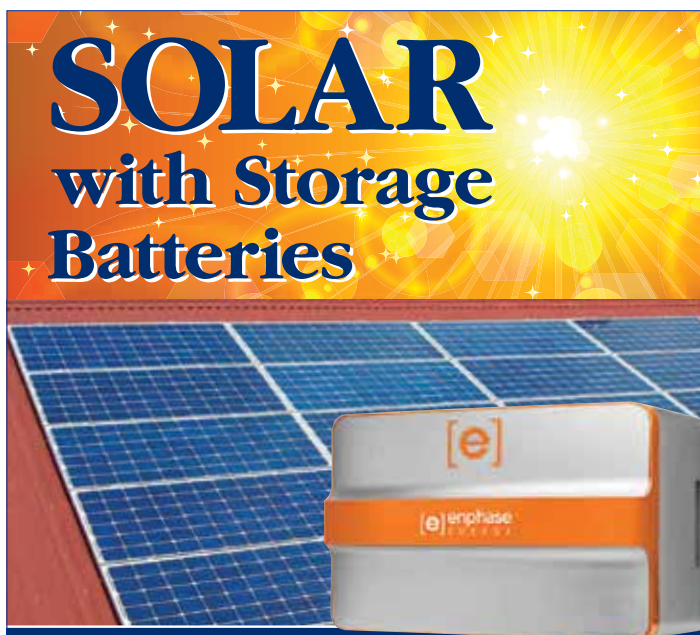
- 9.30-10am: Putt Putt, steam launch, electric boat, speedboat parade
- 10-11 St Ayles Skiff
- 11-noon Sailing race – traditional vintage sailing yachts
- 11.30-noon Canoe, kayak, row boat, dinghy, sailing dinghy parade
- Noon-12.30 Festival opening ceremony – P.S. Oscar W
- 12.30-1.30 Grand parade of all boats led by P.S. Oscar W & P.S. Marion; *Concourse d'Elegance* judging.
- 12.40 Navy helicopter demonstration (provided not required for emergency)
- 1-5 Pond yachts / model boat display – GRYC
- 1.30-2.30 Halvorsen raft-up
- 2-4 Rough & Ready boat building at lawn area
- 2.30-3.30 Sailing race – Restricted 21s – other sailing boats
- 3.30-4.30 St Ayles Skiffs
- 4.30-5.30 Paddle boats & boats 6m+ parade
- 6.30-7.30 Fairy light parade



Sunday, April 23

- 8-8.30am Rowing skulls
- 9.30-10 Putt Putt, steam launch, electric boat, speedboat parade
- 10-11 St Ayles Skiff
- 11-noon Sailing race – Restricted 21s
- 11am-3pm Pond yachts / model boat display – GRYC
- 11.30-noon Canoe, kayak, row boat, dinghy, sailing dinghy parade
- Noon-12.30 Trophy presentation – P.S. Oscar W
- 12.30-1.30 Paddle boats & boats 6m+ parade
- 12.40 Navy helicopter demonstration (provided not required for emergency)
- 1-2 Sailing race – traditional vintage sailing yachts – other sailing boats
- 1.30-2.30 St Ayles Skiffs
- 2.30 to 3.30 Rough & Ready race – Dinghy beach
- 4-5 Grand parade of all boats led by P.S. Oscar W & P.S. Marion

* Program subject to change



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Fixation, one of the fastest boats in last year's event, driven by Neil Laundry. Image: David Hancock www.stockoz.com

The annual fastfest

Goolwa is about to go up a rev or two – more like thousands – this weekend with the sixth annual Aquafest at the Goolwa Aquatic Club on Barrage Road.

This free community event on April 8-9 brings together more than 50 speed machines thirsty for fast-blown alcohol driven by exceptionally skilled drivers with their adrenalin pumping even faster.

Yet, for all of this high-powered demonstration of boats with many supercharged by 2000hp engines, this incredibly well organised speedfest put on by a dedicated committee of 10 representing the Goolwa Aquatic Club offers amazing appeal to families. The kids are left with life-long memories.

It was basically what inspired this boating fraternity to restore this event at Goolwa after decades in seemingly wilderness; remembering those special moments of boats tearing above the ripples and providing entertainment above the ordinary. And this unique breed of boat lovers thrives amidst the non-stop action.

Of course, the performances are classified as “spirited demonstrations” because racing is defined as something entirely different with its high degree of various restrictions. Rest assured, safety remains the crucial element; these guys are just out to entertain and they do it well.

The Aquafest was presented with an Australia Day Award by the Alexandrina Council last year, and committee chairman Glen Traeger put it down to the efforts of so many to make it a great family outing. Each year since the event was reborn after the opening of the new GAC complex in 2012 the attendance has increased, and organisers are confident of more than 10,000 spectators over the two days.

Speedboat clubs in the Riverland have pledged even greater support this year, which is typical of their strong state spirit in an effort to make this Aquafest another huge success.

Drivers have their morning briefing at 8am; the boats – wooden speedsters, ski racers

and the sleek that seem to fly over the water – are in action from 9, and go right through til 5pm. While the drivers have a lunch break, the crowd will be entertained by a jet ski demonstration in between checking out the food stalls and the kids playing around the amusement section.

Neil Oatway, one of the genuine characters of Goolwa who has incredible passion for speed boats, says this year's event will be bigger and better than last year's. He said that last year, and the years before, and of course he was right each time. The organisers, and especially the speedboat fraternity in general, just have this simple philosophy of putting on a special speedboat demonstration. It is obviously something they do very well.

The amazing thing is that this community event is free, so support the GAC crew whenever you can. See you there. ■



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Hearing aids don't work in background noise.

False! Hearing aids DO assist people in background noise. Hearing aids with advanced noise reduction systems and sophisticated directionality are of great benefit in background noise. Different levels of technology perform differently in background noise.

It is worth having the discussion about how you can benefit mostly in background noise and identify and report specific situations that are difficult to your hearing professional.

Wearing hearing aids will make your hearing loss worse.

False! Wearing hearing aids could potentially slow the progression down of your hearing loss when worn consistently.

Hearing aids are expensive.

False! For pensioners and DVA card holders, hearing aids can be FREE. In addition, My Hearing has hearing aids available in a range of price categories from budget, to costs that match superior technology. Depending on your lifestyle needs and budget preferences, a hearing solution is available and AFFORDABLE at My Hearing.

Hearing aids will give me perfect and/or above normal hearing.

False! Hearing aids will never provide you with supernatural hearing. They will however give you the ability to discern speech much more clearly and effectively and keep you in the conversation.

Everyone can see my hearing aids and know I have a problem.

False! Completely invisible or near-invisible hearing aids are available in a range of designs, technology and price levels.

Hearing aids just don't work and never will.

False! When hearing aids are programmed to their optimal settings and people are compliant and wear their hearing aids consistently, hearing aids WILL work. The guidance of your hearing professional is essential in making sure you get the most out of your hearing aids.

Hearing aids spend more time in people's drawers than on their ears.

False! False! False! Most people do actually wear their hearing aids IF they have had their hearing loss diagnosed by a hearing professional and if the hearing aid is suitably prescribed and fitted, the benefits will be very obvious and compliance will be high. If for some reason you are NOT wearing your hearing aids, chances are it simply requires a quick adjustment with your hearing professional to get you back on track.

HOW COMMON IS HEARING LOSS?

Hearing loss is one of the most common disabilities according to recent statistics with one in six Australians suffering. It becomes more prevalent during the aging process and the effects of hearing loss can range from mild irritation to severe isolation and depression. The stress and strains on both the person suffering the hearing loss and their loved ones can be serious. Relationships can be put under pressure and general well-being and quality of life can suffer. There is no time like NOW to make hearing a priority. Solutions are available to overcome even the most challenging of hearing loss.

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We have consumer ACCC copies available and recommend reading this to help you make an informed choice about your hearing needs.



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The flying lawnmowers

Larry Jones soars above the clouds in gyroplanes, ultralights and microlights, and with flippancy the dad-joke tellers of this world comment that he flies lawnmowers.

The funny thing is, in the 1970s he really did pick up old lawnmowers in the *Trading Post* and put the engines on hang gliders. It progressed to old VW engines.

Some claimed madness, others a trace of the spirit of aviators Wilbur and Orville Wright at the turn of the 19th century; epitomising that famous John Wayne 1942 movie line: ... *on a wing and a prayer*.

Given that we will celebrate Wilbur's 150th birthday on April 16 and a few weeks later Marion Mitchell Morrison's (Wayne) 100th (of course, you knew that), it seems a good reason as any to marvel at those on the Fleurieu who love to fly.

And believe it, our Larry, 58, is special. He took this editor 2000ft up in a gyroplane, and others in his situation would not have kept a promise not to roll it upside down over Milang having taken off from Strathalbyn Airfield where he runs his learn-to-fly business, Adelaide Airsports.

Seriously, it has been a remarkable journey for Larry starting as a 16-year-old dare-devil jumping off cliffs at Aldinga on contraptions that confirmed Sir Isaac Newton's third law of motion.

"By 1978-79 there were a few funny people like myself scattered around the country trying to put chainsaw and lawnmower engines on hang gliders," Larry (pictured) said. "Things like that are not scary when you are a young teenager (he laughs).

"We were still foot launching (running) and it was hard. Eventually we discovered wheels and made little tricycle under-carriages.

"The first one in Australia was something we produced together in 1979. It had a Victa 160 lawnmower engine and a hand-carved wooden propeller. It got off the ground. Just. "We were going all around the Fleurieu Peninsula, especially Aldinga and Sellicks where we'd ask the farmers to go off or out of their paddocks.

"Mum and dad probably weren't that enthusiastic – to say the least – but they always encouraged me to follow my passion, and that's what it has been ever since.



“

Flying a gyroplane or an ultralight is the same as driving a car; you can fly safely or you can fly dangerously.”

– Larry Jones

"It's one of those things that when you lose somebody they come into mind at odd times," Larry said. "Yeah, I think of her a lot when I am up there flying. Like a lot of things it is a reminder to live every day to the fullest.

"I guess that's why people get into a microlight for the first time; they share a desire to do something special; they love the dream. Others hold back and I guess they die wondering. I say just go for it.

"We get people out here who have worked their whole life and retired... they say; *I've wanted to fly my whole life*, but they've waited until they're much older.

"I dropped out of school at 16 to pursue the flying. I was doing voluntary teaching for the hang gliding club, and eventually I decided to make it a business here at Strathalbyn in 1985. Most people thought it would never succeed, but I have just plodded along for 32 years.

"When I first moved in here at Strathalbyn Airfield it was just me, and all Cessnas, Pipers and other general aviation aircraft. They all thought it was a bit funny when I turned up with this little microlight. Slowly but surely we multiplied and now there are 35 of them permanently hanging here at Strathalbyn."

The teaching part was successful in a special way – it was how Larry met his dear wife, Judy, and suddenly they were venturing on holidays all over Australia taking the ultralights. Flying became a huge part of her life too.

Sadly, Judy died five years ago of cancer, and now their daughter, Dakota, 21, loves the flying and with dad they have become a beautiful lifeline of strength for each other.

That's great, but they could have been doing it a lot earlier.

"These aircraft aren't ridiculously expensive; you can own your own aircraft and fly. Australia is a big country and there isn't a lot of controlled airspace; there is freedom.

"We can go as high as 10,000 feet outside of controlled airspace. It's a long way up. Some single-seat microlights fly around 30 knots (about 55kph). Some are faster at 80-90 knots. A single-seat microlight costs about \$17K, while a top-of-the-range may reach \$80K. A good two-seater is \$40K."

But as much as flying in these magnificent machines is exhilarating, and they can be relatively cheap, a lot of people will still argue they are just a flying lawnmower and the risk factor is high.

Larry obviously defends the notion, claiming it is the human factor that makes it safe or dangerous. "It's not the aircraft," he stresses. "Flying a gyroplane or an ultralight is the same as driving a car; you can fly safely or you can fly dangerously.



"The gyros had a bad reputation in years gone by, but nearly every one of them was home-built with old Volkswagen engines. Nowadays, the aircraft and especially the engines are professionally designed, fully certified and registered. There are some of the early model gyros still flying around the place, but the new breed of gyro is quite a sophisticated aircraft.

"Learning to fly requires the same fitness level as required driving a motor vehicle. If you hold an Australian driver's licence you can learn to fly. You can get a licence to fly at 15. You also need a minimum 20 hours of flying instruction to get a licence to fly this aircraft.

"A lot comes down to self-assessment. If you are, say in your 70s, there may be days when you don't feel quite up to it. You have to be honest with yourself. It's the same if you are a young lad who has been out partying all night; you don't come here early and start flying.

"When I first started in the 70s it was a new sport and it had an extreme element to it, and that was the attraction for a lot of people. It was a bit wild.

"From that it grew into a well organised sport with rules and regulations, and importantly with good equipment. The days of people building gyros in their backyard have gone, and now the equipment is being designed

and built by nautical engineers. It's tested and proven which has taken it way from being an extreme sport that it was in the 70s. "An accident can occur with anything. Part of my job as an instructor is to give those learning a good foundation to their flying. If they learn properly and have a good attitude, flying can be safer than driving a car. Human error accounts for 99 per cent of the accidents that have occurred.

"The biggest thing about flying a gyroplane or a microlight is that it's fun. If you have a desire to fly you should try it. You can go to Aldinga and learn fly or just have a trial flight in an aerobatic aircraft. You can come out to Strath and try microlights and gyros. You can go to Goolwa. There is a wide variety of aircraft on this peninsula.

"If you've always wanted to fly you owe it to yourself and just try something."

Larry spoke of the days he and Judy would pack up a tent and their sleeping bags and head off into the sunset. It remains a special part of his life.

He has flown to the Birdsville races and camped in the desert. Many years ago he flew with a group of microlight enthusiasts from Mascot in Sydney along the east coast to the tip of Cape York, camping on beaches along the way.

Without doubt, those wonderful moments will be revived next month when Larry and other members of the Southern Districts Flying Club, which is based at Strathalbyn, head south to Robe for a day or two, enjoy a special view of the Grampians, and come back through Bordertown, Tintinara and Wellington.

"It will be a week of fun flying... a mixture of aircraft and a mixture of people," Larry said. It sure beats the hell out of pushing a lawnmower. ■

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New exhibition to include tribute to a brilliant artist

The artistic brilliance of Terry Lewitzka will be honoured in a moving opening to a fabulous exhibition at Artworx Gallery, Goolwa from April 30-May 20.

Sadly, Australian art lost a special talent with his sudden passing on March 25, after a taste of his classic work had already been selected for this event.

Terry studied at the South Australian School of Art, and under the acclaimed John Goodchild and Reg Hicks, and was admitted as a Fellow of the Royal South Australian Society of Arts in 1982. As an Associate of the Advertising Institute of Australia, he operated his own business as a commercial artist from 1984-94.

Terry continued to be an Honorary Member of the Rotary Club of Victor Harbor from

2001. He was highly skilled in *plein air* – a French term meaning painting in open air – particularly landscapes in the Flinders Ranges (example pictured). Most of all, Terry inspired many and was a friend to all.

After a month of festivals and art trails, the cultural trail will roll on with the Artworx Gallery exhibition, which will also feature Vic Collins, Brooke Miles, Eliza Piro, Janet Ayliffe, Antje Collis, David and Mary Woolaway, Kevin Fidderman and Eamonn Vereker.

These established and original artists will exhibit a diverse range of new and original works including paintings, jewellery, timber and glassworks.

The exhibition will have a strong X-like factor with politician Nick Xenophon formally opening the event and all of the promotion



highlighting the “X” as in Artworx, in Hays St, Goolwa.

Proprietors Liz and John Francis have heavily promoted fine artists on the Fleurieu Peninsula the past 18 months, and this exhibition is sure to reach an exciting new level.

www.artworxgallery.com.au



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From perming to combing the coast

It was 4am and Peter Schirmer confronted someone breaking into a building in Goolwa. He pinned him to the floor, but he couldn't see his other hand so he didn't know whether the perpetrator had a gun, knife or a syringe.

"Just another crackhead," Peter explains. "No drama; the police came quickly." It was like talking to a hard-nosed, tough movie character like Charles Bronson from *The Dirty Dozen* fame on a typical night's work. But for Peter Schirmer, 54, owner-operator of Great Southern Security, the night never ends.

He admits for 17 years much of his existence has been in darkness, starting work at six, going home at nine that night, and then waking up and responding to the alarm calls. He often works more than 70 hours week. And yes, there have been times when he has been threatened by a gun – and he has been

stabbed by a knife and a syringe. It's why his Goolwa site has surveillance and electronic gates.

Yet, for all this movie-like drama there is a soft side to our Peter Schirmer. Heck, this guy was a ladies hairdresser for 20 years, and all hours of the night he's been known to give good-at-heart teenagers a lift home because they were responsible enough not to drink-drive.

And while others seek negativity and he feels the crime wave often in darkness, Peter explores everything great about his beat across the south coast and is constantly inspired by the countless success stories.

"Every town along the coast is like any other place – it has its share of druggies, taggers and no-gooders," Peter says. "To avoid being a break-in statistic you have to believe in the old saying that an ounce of prevention is a

pound of cure.

"Unfortunately, we have bred a whole society of people who don't take responsibility for their own actions. I was drunk or I was on drugs they say, but that's not an excuse. They made those decisions. Everyone wants to blame everyone else or something else for their actions, but the reality is the buck stops with the individual who is committing the offence."

Peter admits that having gone from snips, streaks and blue rinses in his highly successful salons to confronting the dregs of society who are experiencing more than a bad hair day is in many ways an extraordinary change of life.

Born and bred here, his dad said he could only leave school if he had an apprenticeship, so Peter applied for one in a hairdressing salon.

Continued P14

From P13

At 18, he worked part-time at night in city pubs which led to being a bouncer. Before long he became involved in bodyguard work and was minding stars like Ray Charles, Suzi Quatro, Boom Crash Opera, John Farnham and Tommy Emmanuel.

"To me, all this was a hobby," Peter said. "I also got into other security like flying with gold bullion from remote placers in Western Australia to the Perth mint, and I worked in gold mines as a smelter and poured gold.

"I found myself in Darwin for six years doing similar work, and when my grandfather was ill I came home to Goolwa in 2000 and started this security business. It is not easy, but I love it.

"Darkness is an element, a place where you experience a different world. When you are out patrolling, locking doors, checking businesses, doing alarm response of medical assistance – whatever it may be – you are seeing young people moving around; the homeless, some trying to get home after a having a few beers.

"Being quick to alarm responses is important so there is no point getting an Adelaide security company looking after premises or a residence along the coast. Say one of our guards goes to a break; he then becomes the first responder.

"If you get a single alarm activation is an immediate reset. Two sensors going the



Images: Leon Mead

same time the chances of a bug landing on them exactly the same time is almost impossible.

"We notify police. It goes from a Code 26 to a Code 2 robbery in progress, and once we have ascertained there has been a legitimate break-in, if the guard gets there first in essence he puts a tent over that site. Nobody in, nobody out. We wait for police to attend; the guard will contact me.

"It may be three o'clock; we have what time

it all happened and we go to the job with all the security files to allow police to gain access. When the police have contained the crime scene, if there is CCTV we will do the downloads within 15-30 minutes of the incident occurring and police will start doing smaller circles from a wide area in the community looking for the cars involved." Great Southern Security is different to most providers because it does everything in house – the technicians, security locks, alarm

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installations, cameras, patrolling... it is a long list. The police have their job and Peter and his GSS team help free up their time by playing their important role too, but Peter believes the community also needs to be more vigilant about home security.

"We used to be able to leave the keys in the ignition; the back door always unlocked," he said.

"It was a society focused on watching youth and you couldn't scratch your a... without someone telling your mum. Everyone knew everyone; now no one wants to get involved. "That degree of self-policing is lost. The crime rate is running 23 per cent higher here than when we started. We need to stop advertising what items we have by having them in clear view because there are people out there who see them too and they'll take them.

"If you have an asset you have to realise that you need to protect it. People say, oh nothing happened last night so why do I need security? There are those who say they have insurance, but the companies only pay 65 per cent of loss. That's it.

"You may have spent 30 years acquiring an asset, and in five minutes it can be stolen, burnt or broken. I cannot stop someone from breaking in, but I can minimise the time a perpetrator has on site. That's the difference choosing local providers.

"About 45 per cent of the base of my

"It was a society focused on watching youth and you couldn't scratch your a... without someone telling your mum. Everyone knew everyone; now no one wants to get involved."

— **Great Southern Security owner-operator Peter Schirmer**

customers don't live here and it's gratifying for them to know they have electronic eyes watching. Others have been broken into three or four times before they get security – they buy replacement stuff and a month later it's gone again."

Peter admits the security work has hardened him to a degree, but says he will always retain a positive outlook on life and be a highly motivated individual. "Even at the depths of despair at the gates of hell I will still see the glass half full," he insists.

"I try not to let negativity cloud me, and

that could be easy in my environment. I am not a fool, and I suffer fools even less. I get absolutely inspired by integrating in life... there is always something I can learn from a crackhead, and always something from a student. Every individual I encounter reaches me with something more. I see every situation as an opportunity, good or bad."

However, Peter admits the enormous growth of his business – he now employs 10 permanent staff and as many 60 guards in any one week representing an annual wage bill in excess of \$400K – has taken a personal toll.

"I have failed miserably at being a partner to someone; I work too much," Peter said. "You try your best, but at the end of the day it's not enough. It is nobody's fault but my own. "This isn't the business where you can turn off your phone; what if someone presses the emergency button and is dying? Yeah, this can be a hard game, but I like to think I survive because I love this community; I love where I live.

"I've lived around Australia and in the United States, and this is still the greatest place I've ever known. It's my home too, and it's just in me to do everything I can to make people feel safer."

Our Peter is like Bronson? Nah, Bronson was never tough enough to perm during the day and comb the coast at night. ■

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The people's pool

A simple question asked by many: why spend \$21 million on a swimming pool when we live by spectacular beaches? Sadly, of the 280 people who drowned in Australia from July 1, 2015-June 30, 2016, 63 or 23 per cent died at our beaches. Of them 19% were generally fit and healthy and in the prime of their life – aged 25-34.

According to the National Drowning Report 2016 prepared by Royal Life Saving Society Australia, many of these tragedies may have been avoided had the victims been taught how to swim.

This week the Alexandrina and Victor Harbor councils unveiled the most stunning building on our south coast – the Fleurieu Aquatic Centre – appropriately on their Port Elliot-Victor Harbor boundary on the corner of Ocean and Waterport roads.

Inside are three state-of-the-art pools of international standard – not one. Included is a multi-use program pool encompassing a kids' internal water play and a shallower pool, which is perfect to teach them how to swim involving their parents.

There is evidence to suggest learning to swim here will save the lives of young children. Imagine asking their parents whether we should have had one 50m pool or three pools for the entire community with a commitment to saving lives by offering swimming lessons to little kids?

Forgive the serious approach, but hopefully this ends the 50m pool debate. We have a people's pool in every sense, and let's enjoy it.

We also have 25-metre lap pool with full starting block and lane rope facilities. Not only is it magnificent for the wider community, it will attract school children by the bus loads from afar.

The third pool is the warm water pool, which has spar jets and a seating area all for those under-going therapy, plus a full lifting rail system for non-ambulant people. Should they be with a carer, they may get changed in a room designed for people with a disability, then placed in a lifter and gently lowered into the pool.

There are ramps that allow for waterproofed wheelchairs to be rolled into the pool, plus stair access. There are full stainless steel rails on every side. Overall, it is an excellent multi-purpose pool running warmer than the lap pool that can be used for various therapies. Brilliant.

Our aquatic centre also comes with an outdoor splash park, a group fitness come gymnasium facility that adds to the rehabilitation process, a creche and cafe. There is full public access to the grounds to the east including public barbeques. To the west we have playground spaces, all fully landscaped where the children can play;

picnic areas for families.

For the record, the centre is owned by the councils, run by the Fleurieu Regional Aquatic Centre Authority – David Cook as chairman, with other independent members being Alison Kimber and John Coombe. Elected members are councillors Pat Chigwidden (Victor Harbor) and Madeleine Walker (Alexandrina). There are also deputy elected member representatives, Victor Harbor mayor Graham Philp, and Alexandrina councillor Grant Gartrell. The centre is being managed by the YMCA. The centre has been funded by \$6.5 million from each council, \$7.5m in federal government funding, and \$0.5m from the state government.

The dedication and commitment by these board members and representatives of the other statutory bodies has been admirable, and not forgetting the generosity of the Wright family of the adjacent Beyond development which sold the pool-site property for a dollar. Then there is the magnificent effort by Alexandrina Council senior project manager David Moyle on behalf of both councils.

However, this overall contribution by many is not entirely surprising given the need and the region's enthusiasm for this pool.

Continued P18

Passion

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obsessive about detail, understand that
process creates value, and committed
to the creation of lasting relationships.



Fleurieu
Aquatic
Centre

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***Locally owned and
operated – creating local
jobs for local people***



From P16

It took 18 months from the day the project leader, Kennett Builders Pty Ltd, arrived on site with earth moving contractors until this opening, and the 788 tradespeople including 40% locals have every right to feel incredibly proud.

Kennett has a long building history in the region, including working on the Corio Hotel in Goolwa and building the Seymour and Clifton boarding houses in Victor Harbor in the 1920s. The plans for those old projects hang proudly in the company's foyer, and now there is also a magnificent photo of our aquatic centre.

Upon completion, Kennett senior project manager Paul Jennings said the development represented an amazing achievement, not only for his company on behalf of the region, but for South Australia as a whole.

"This is special," Paul said. "It is a fabulous project for the community, and the collaboration between the two councils to deliver it with both federal and state funding is outstanding. It is a commitment to the region and will be most enjoyed by the community."

"This building has been designed by the consulting team to achieve minimum air leakage reducing the need to repeatedly condition fresh air."

"By achieving this, it means the system is running much more efficiently and you haven't got the operating costs of constantly supplying new conditioned air into the building."

"There are wet and dry zones isolated in this air pressure testing, and it becomes even more sophisticated when remembering there are two pool areas with the water set at different temperatures."

In simple terms, minimal air leakage represents huge environmental benefit because less power is needed to maintain the temperature of the pools. This centre has twice the benefit of minimal air leakage than the required standard; six-times more efficient than the average household which is remarkable given the enormity of this building. In this regard alone, it rates alongside the best buildings in Europe. The results that have been achieved are rare.

Paul rolled out countless other specifications as to why our aquatic centre is environmentally brilliant; the double-glazed windows with solar controlled glass, the shading to the proximity to the sun on the terraces around the building. There is the electrical, plumbing pool and solar systems also keeping the running costs to a minimum. "There is so much natural resource operating the building and keeping it controlled," Paul said.

"This is a state-of-the-art facility that would hold its place anywhere in Australia – comfortably. And as far as the environmental side it is up there with anything in the state."

"The landscaping is also amazing. When we



arrived here it was just a paddock, and after a very wet winter it was a very wet paddock. The pools are designed so there is no issue with the ground water. There is additional concrete, footings and hydro-static valves to prevent any issues should there be flooding in the future.

"Passive ventilation has not been included in relation to keeping the building air-tight and not having to recondition that air."

"It has been a fabulous project for Kennett to be able to deliver something to the community in the recreational portfolio, and we have thoroughly enjoyed the experience. "It was a rigorous and open tender system that was not based purely on price even though we were lower... we had to illustrate our abilities to deliver the project and work in a collaborative fashion. It was the most thorough interview I had experienced to win a building project."

"We were lucky enough to be the successful bidder. It was always put forward by both councils that it had to be a pool for the people of the region; very much so. It had to be a community facility and I believe firmly that when people walk through the door for the first time and see what has been delivered they will be magnificently surprised."

"This project has also been very much about the employment we sourced from within the wider community. There were four local civil earth work contractors; the plumber and electrician were local. We used Brooks Turf for the landscaping down the road, all the concrete from Direct Mix, the waste was locally controlled, our labour and cleaning forces were all local. All the rock work is from Tooperang, the rammed earth is Yankalilla Sand and we had a contractor based out of Willunga construct the walls and entry signs."

"It is fabulous that we have been able to involve so many of the locals in the build, and they should be all proud of their contribution. "I think the greatest impact it has had on me is that it showed how clever and creative people are. I love the way it sits in the landscape; how it doesn't jump out at you as you approach. It blends in beautifully with the earthy materials. It really looks like it belongs."

The Fleurieu Aquatic Centre is a stunning facility created and made possible by a lot of remarkable people, going 20 years or so back to when former mayors Kym McHugh and Mary-Lou Corcoran believed that everything was achievable.

Now imagine this; every little tacker now has a better chance of learning how to swim. Thank you. ■

Olive IN!

Fleurieu Aquatic Centre

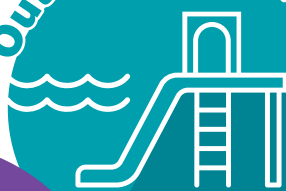
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Community involvement

The community has played a significant role in the development of the Fleurieu Aquatic Centre project.

Extensive community consultation was undertaken between 2001 and 2013. In 2013 the Alexandrina and Victor Harbor communities were provided with an opportunity to consider concept plans for the Fleurieu Aquatic Centre and the financial commitment required to deliver the project. Of the 1959 respondents to the consultation, 72% supported the project.

In addition to this consultation, a Community Reference Group was established in 2014 to provide input into the design functionality and operations of the aquatic centre. This group was made up of 17 community members across the two councils from local schools, swim school providers, allied health care providers, retirement facilities, childcare providers, sporting clubs and other community groups. Members included Mark Tenny, Natalie Bruce, Ian Price, Teresa King, Helen Irvine, Sheldon Skanes, Cameron Smith, Merridy Jagger, Cassandra Hayden, Michael McRae, Alison King, Peter Mueller, Susan Von Stanke, Julie Langhorne, Belinda Sullivan, Michelle Bell and Martin Corbin.



Delivering the aquatic centre

Two councils delivering a \$21 million aquatic centre on a greenfield site is no small feat. While there have been a countless number of people who contributed to the Fleurieu Aquatic Centre project since its inception, the Alexandrina Council and City of Victor Harbor would like to acknowledge the following key stakeholders who have played a significant role in the delivery of this project.

Funding partners

- Australian Government
- SA Government

Land donation

- Beyond Today

Organisations

- Southern and Hills Local Government Association
- City of Onkaparinga
- District Council of Yankalilla
- Ngarrindjeri Regional Authority
- Regional Development Australia - Fleurieu, Kangaroo Island and Adelaide Hills

Architecture and design

- Hames Sharley and dwp|suters

Construction

- Kennett Pty Ltd

Subject matter experts

- Rider Levett Bucknall
- Norman Waterhouse Lawyers
- BRM Holdich
- SGL Consulting
- Planning Aspects
- Brown Falconer Architects
- Hemisphere Design
- South Pacific Pools

Project Governance

- Project Working Party (Elected Members and Council CEO's)
- Project Control Group (Council staff)
- Elected Members





An award winning project



The Fleurieu Aquatic Centre project received national recognition as a leading local government project.

The project received the Community Partnerships and Collaboration Award at the Local Government Professionals Australia Federation Awards on Friday, 6 May 2016. The awards recognised excellence in Local Government across Australia. The project also won the Community Partnerships and Collaboration Award at the Local Government Professionals Australia SA Leadership Excellence Awards.

In receiving the awards, Alexandrina Council and City of Victor Harbor were commended for their unique collaboration on the delivery of a high quality sport and recreation facility for their communities.

"The Fleurieu Aquatic Centre project is proof that councils can consider their communities' needs at a regional level. An investment of \$6.5 million by one council would not procure much in the way of major new infrastructure, but together \$13 million leveraged significant grant funding to make a \$21 million project possible," said Mayors Keith Parkes and Graham Philp.

"Our councils are extremely proud to have brought the Fleurieu Aquatic Centre Project to fruition to provide huge benefits to our communities."

"It is not common for councils to build major infrastructure together. This project has shown it is not only possible but the results can exceed expectations."

The outstanding teamwork and unique collaboration between the two councils is reflected in the project's success.

Aquatic centre by numbers

3 
POOLS

A 25m lap pool, warm water pool and learn to swim program pool

\$21million
to deliver the aquatic centre

\$6.5m - Alexandrina Council

\$6.5m - City of Victor Harbor

\$7.5m - Australian Government

\$500K - SA Government



12 weeks were lost due to wet weather during the construction period

but the project still finished **on time** and **under budget**



The three pools, balance tanks and filters hold

900,000



litres of water

17 community reference group members

\$1 The cost of the land

3 days to fill the pools



9,000+

staff hours

52 & 56

Sub-contractors

Suppliers

Used during the **21 month** construction period



Fleurieu
Aquatic Centre

Our new aquatic centre

After decades of investigation and planning, followed by a 21 month construction period, the south coast community's dream of a high quality aquatic facility has been realised.

The Fleurieu Aquatic Centre opened its doors to the public on 25 March 2017, with an official opening celebration held on 2 April.

The \$21 million centre is a joint initiative of the Alexandrina Council and City of Victor Harbor, and would not have been possible without \$7.5 million funding support from the Australian Government, \$500,000 from the South Australian Government and a generous land donation from Beyond Today.

Council Mayors Keith Parkes and Graham Philp are extremely proud of the facility that has been delivered.

"Our councils have worked tirelessly together with the key project stakeholders to deliver this brand new facility on time and under budget," said the mayors.

"On behalf of both the councils, we would like to acknowledge the strong support and passion that our communities have shown for this project."

Facilities

- 25m swimming pool
- Warm water pool
- Multi-use program pool
- Outdoor splash park
- Cafe
- Fitness facility
- BBQ and picnic area
- Creche

Programs

- Swimming lessons
- Group fitness
- Active adults 60+

Opening hours

- 7 days a week
(closed Good Friday,
Christmas Day)

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Go. See.

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It's off to market we go!



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

GOOLWA WHARF MARKET: This month: Sunday, April 2, Good Friday, April 14, & Easter Sunday, April 16, 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 Easter Monday, April 17, 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: Lions Club of Strathalbyn holds a quarterly market on fifth Sunday of the month (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: Second Saturday of the month, 10am-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... President Donald Trump is banning cheese slices. He wants to make America grate again.

School holiday fun

Monday, April 10

School activity in Goolwa includes The Amazing Magic Mike – Kids Magic Workshops at Centenary Hall from 10am-noon and 1-3pm. Mike is an award-winning magician – suitable for children 3-12 years (must be accompanied by a paying adult). Tickets \$10. Visit Goolwa Visitor Information Centre 1300 466 592.

Thursday, April 27

Silent Disco Kids Party at the Strathalbyn Library Community Centre from 10-11.30am. The free event is suitable for 5-12 year-olds. Professional DJs, and each child will be provided with special wireless headphones and is taken through a series of games, activities and dances under disco lights. Bookings: 8555 7000; info: candy.davis@alexandrina.sa.gov.au



April 8-23

The Rotary Club of Goolwa will present its fifth annual photographic and art exhibition at Signal Point, Goolwa Wharf from April 8-23. Coinciding with the SA Wooden Boat Festival from April 22-23, the show attracts some of SA's finest artists and photographers. The feature is the Alexandrina Art Prize, which carries \$15,750 prizemoney. The judges are:



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Homes open for inspection... sausage sizzle, refreshments & Easter eggs! Love to see you!

art (paintings/drawings) – Gerhard Ritter (SA artist), Sonya Hender (gallery pat-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). The exhibition will open from 9.30am-4.30pm daily. Cost is \$5 (including catalogue) with children U15 free.
www.goolwaexhibition.org.au



Saturday, April 29

The Riding for the Disabled is a beautiful organisation, and our local organisation in Victor Harbor desperately needs our support. Here's your chance to help. It's holding a fabulous family night on Saturday, April 29 – an outdoor movie night under cover in the RDA Arena in Lippazarner Dr, Morgan Park featuring a wonderful family movie *Touching Wild Horses* starring Mark Rendall and Jane Seymour.

The entertainment starts at 5pm with a barbeque and snacks, with the movie at 7. It is ridiculously cheap but the need is great – \$20 a family and \$10 adults with tickets at the gate and selected outlets.

Bring your own chair, rug-up and have a great night. Just \$20 for the family and the cause is great.

Saturday, April 29

The not-for-profit Encounter Centre, which does marvellous work for the community, is holding a car boot sale at its headquarters opposite Encounter Bay Oval from 9am-1pm. Sellers and buyers are needed. Cost is \$20 per car space. Sellers may set up from 7am for sales from 9am. You can sell anything except plants, food and animals. Register your site by April 19 at the centre. Contact: Centre manager, Bruce Lindqvist 8552 2995.

April: Festival Fleurieu 2017

Do yourself a huge favour by grabbing a copy of the Festival Fleurieu program guide and select a few “must see” events. There are countless art exhibitions, walks through history and a huge opening with Live at Bungala Park on Saturday, April 15 from 10am-5pm. It's a free family event with local music, delicious food, an absorbing and highly entertaining Aboriginal dance, and plenty of workshops.

There is something for everyone in this festival, including one of the feature shows, *The Bush Concert*. It is 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. Pictured below is the clever poster featuring bush birds.

Stitchers across the Fleurieu Peninsula have been incredibly busy with two amazingly gifted groups having exhibitions later this month.

The Port Elliot Patchworkers are holding their own biennial exhibition at the Old Institute in Port Elliot on the weekend of April 22-23 from 10am-4pm both days. Entry is \$5 and this includes morning and afternoon tea.

This is the same weekend as the SA Wooden Boat Festival at Goolwa Wharf, and rail transport will be available from Goolwa to Port Elliot.

The exhibition will consist of a display of quilts made by members. The group also makes quilts to be distributed to needy people on the Fleurieu. There will be a display of Teddy bears, a trading table, a raffle, and a shop selling quilting supplies.

The proceeds from the exhibition will go to local Fleurieu charities on the Fleurieu Peninsula.

The Inman Quilters are 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.

A display of previously shown exhibition winning and other quilts will be displayed at the Uniting Church on Inman Valley Rd with opening times same as the other exhibition. Gold coin donation appreciated (children free). Contact: Glenda Trigg 0407 713 659.



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Tickets \$20 from:
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"Peter's repertoire is an eclectic mix of music from all genres played with his wonderful dexterity and much gusto. He is a firm favourite!"

"Peter Moss is one of the finest exponents of the banjo ukulele"

* Also: Ukulele Workshops, during the day

Village mumblings



Remembering those who served in the Great War

A granite column was unveiled near Second Valley School in 1917 to honour the members of local families from the then Rapid Bay District Council area who enlisted to serve in the Great War.

The Second Valley Progress Association plans to commemorate this event on Saturday, September 23, but it needs your help. It wants to locate relatives and descendants of the 36 named on the column to invite them to attend the event. Named were:

H. G. Collins, A. Lowcock, F. W. Collins, A. Scott, L. R. Forbes, C. G. Christie, M. F. Sells, R. H. Smith, G. Law-Smith, D. A. Jones, R. J. Clark, J. R. Newbold, C. W. Bryant, J. C. Bryant, T. E. Jones, J. M. Mitchell, A. A. Smith, E. F. Jones, G. F. Kelly, W. E. Bennett, P. C. Jones, A. E. Norman, H. R. Shillabeer, A. E. Clark, S. J. Putland, A. J. Hamlyn, M. A. Christie, L. A. Windsor, J. R. A. Jones, S. Waine, G. J. Cole, J. R. Hamlyn, G. H. Morris, E. P. Dunk, A. J. N. Simpson, P. C. Collins,

K. O. Simpson, D. C. Cant, Sister A. D. Christie and Sister S. A. Lord.

Contact Jane Olsson: olssons@ozemail.com.au or Joy McGrath joymcg@gmail.com

Further testimony of the association's respect for those who served is a World War 1 poster exhibition *Pride, Passion and Propaganda* at the Second Valley Soldiers Memorial Hall on May 6-7 from 1-5pm.

The exhibition is part of History Month, and will provide insight into how Australians felt about our part in the Great War.

There will also be a display of Ron Blum's collection of WW1 fundraising buttons issued by organisations like the "Cheer Up Our Boys" society, and the "SA Children's Patriotic Fund" with mementos of special days like Violet Day and Wattle Day.

Further information: Sue Speck specks@ozemail.com.au



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Massaging the mind the Hawaiian way

Those who read to their unborn child are convinced of a special connection and the calming effect. Now imagine a holistic approach to rejuvenation and healing for body, mind and soul for both mother and baby.

Carol Hender, of Port Elliot, who has an impressive health care background including as a director of nursing and working in midwifery, believes the profound benefit of a massaging technique takes that calming approach to a special level.

The process is Ka Huna, a Hawaiian massage based on ancient spiritual traditions, and since being introduced to Australia by Mette's Institute its world-wide following has grown significantly.

Carol (pictured), who established Beach Bodyworks, at 1/1 Arthur St, Port Elliot, where she does Ka Huna, said the benefits for men and women of all ages

based on good practices were overwhelming.

However, the forgotten aspect, she believes, is the need for stress relief for those pregnant.

"It is very common that we see a pregnant lady with the hands on the hips resulting in a sore back," Carol said. "A lot of that has to do with the ligaments in the back."

"You can get over-stretching because of the relaxing of the hormones. This is about health and well being. With a Hawaiian massage you are giving that tender loving care to both the mother and baby."

"The touch assists in calming and making you feel better. This is my background, as with other people consulting here. It is massaging of the mind."

Carol, who also completed courses on Reiki, and intuitive medicine, said she had long held a belief there was a need



for people to explore non-traditional methods in terms of healing modality.

"There is evidence out there now about meditation and massage," she said. "Complementary methods are becoming increasingly more accepted as adjunct therapies to mainstream traditional medicines." It may not

be for everyone, but massage is for a lot of conditions whether it is mind, body or spiritual. That's why I like the Ka Huna.

"I wanted to create a place like a healing space where people come in and relax. We need that in our life."

www.beachbodyworks.com.au

World-class ukulele performer for Goolwa

Internationally-acclaimed ukulele and banjolele performer Peter Moss will perform at Centenary Hall, Goolwa on Saturday 29.

This is the first professional concert presented by the Ukulele Group of Goolwa, and to attract Peter is a huge fillip for the club, regarded as one of the biggest musical groups on the Fleurieu Peninsula.

Peter, one of the finest exponents of the banjolele (ukulele banjo), will be supported by Adelaide performer, Ian Stehlik, better known as Dr Zot. With 45 years in music, Peter has earned rave reviews travelling North America, Europe and Australia.

Organised by the Ukulele Group of Goolwa, Peter will lead workshops on the day at 11am and 2pm at the Goolwa Anglican Church Hall – tickets



\$10 (booking not required).

The concert will start at 7.30pm – tickets at \$20 from Goolwa Visitor Information Centre (1300 466 592) or at the door.

Ukulele Group of Goolwa (UGG); Goolwa Anglican Church Hall, Cadell St, Goolwa. Contact: John Carter John Carter 8555 2073; goolwa.ukuleles@internode.on.net

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A day with friends of Nangawooka

The Australian Plant Society and the Friends of Nangawooka Flora Reserve, corner of Waterport and Victor Harbor roads, are holding their autumn plant sale and open day on Sunday, April 23 from 11am-3pm.

It's like a gathering of green fingers, and among the many features will be free soil testing, free garden tours, specialist native plant growers selling a wide range of plants, a sausage sizzle, and morning and afternoon tea for sale.

The plant growers can advise what to plant and where, and suggest ways of using native plants to their best advantage.

Autumn is here, and the Banksias, Callistemons and Thryptomenes are putting on a great show. The Eremophilas (Emu Bushes) have been particularly colourful this year after the wet winter. The Acacias are starting to flower also and the Melaleucas continue to blossom in all shades from orange through to delicate pink. Hakea clavata is scenting the air with its beautiful unusual pink flowers too.

Entry is free, but a gold coin donation would be appreciated. The reserve is maintained by a dedicated band of volunteers, and The Friends of Nangawooka are always looking for new members.



The planet savers



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Like many of us, Natalie Gilbert grew up with the nightly news highlighting vision of environmentalists confronting mining and logging companies in a bitter fight over jobs versus saving the planet.

She has never seen herself as a 'greenie', but takes pride in being called one because her whole life has been about conservation.

The irony is, as a science teacher at Investigator College's Currency Creek campus, Natalie (pictured) is now teaching her students environmental and sustainability practices because these qualifications are becoming a necessity in the new-age workforce.

"It doesn't matter what job these kids go into, these subjects are going to be helpful," Natalie said. "Everyone has to think about how they are going to treat the environment in their work practice whether they are in a dental surgery or working at Woolies."

And the need for a holistic approach to environmental best practices across our wider community has become so widespread that the college's Currency Creek campus is also being set up as a new Trades and Skills Centre with a \$1.3 million grant from the federal government.

Established across the site of the old Currency Creek jet boat sprint racing course in the heart of the the Coorong and Lakes Alexandrina and Albert wetlands, this new centre will help train adults already in the workforce. The campus has also been made available to both Flinders and Adelaide universities, and other schools from the metropolitan area and the Fleurieu Peninsula, especially Eastern Fleurieu and Victor Harbor High for research projects.

This sustainable living ecocentre has played a pivotal role in a bright new approach to environmental studies, and Natalie said



there were no behavioural problems in these classes because the kids listen and want to learn.

"They see this as being real; something they can change," Natalie said. "Is this what is really happening to our world, they ask."

"Our school principal Don Grimmett had this vision on making an eco centre with a focus on sustainability, and our school has definitely taken a point of difference with this. We really run with the whole sustainability idea and looking at that as being where the future lay."

"Even agriculture didn't have a lot of kids in the classes, but now they are desperate to find out more about the environment. It has become so popular."

"Our students want to know how to save the planet. They are scared about what may lay ahead; they know something has to happen to save us all, and they know it has to be them. We think it is going to be them too."

"To meet the demands of the students who want to learn more we now run five

VET (Vocational Education and Training) courses dealing with the environment or horticulture. We have a really strong senior school agriculture and horticulture programs, and we run Y7,8&9 environment and horticultural lessons. They all have to do it.

"This is a whole new section in our school dedicated to the environment and horticultural and they mesh so well."

The environment and sustainability programs also have a business element, and in 2015-16 the kids grew 11,000 trees and sold them. The funds went to building a horticultural tunnel, which has three chambers with heat beds and nursery facilities for plants.

Natalie said this year's profit from the trees will be used to purchase more state-of-the-art equipment including cameras to capture images, among many things, deep into nesting boxes. "We are teaching the students skills in technology in the environment," she added.

"There are other earthly-like units including the control of weeds, establishing plant programs, re-vegetation, work on flora, fauna and soils, and nursery practices."

"We have strong links with the community nurseries network at Goolwa where the kids have a commitment to provide them with plants. It's real work."

Before long, it will be very real for the wider community with environmental courses at this sustainable living ecocentre leading to new jobs.

There were days when the greenies were considered as being weird, now before long the old loggers of this world will need environmental studies to get a job. It is a weird world, but things are getting better. ■

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Calling on team players who are enthusiastic about supporting sustainable living by exchanging locally grown excess food. The South Coast Environment Centre needs assistance with the Victor Veggie-swap Market Steering Committee. It is about working with a consultative group to discuss ideas to sustain and improve the monthly veggie-swap market. It won't take a lot of time so busy people interested in sustainable living and community wellbeing are encouraged to apply. Southern Volunteering at 44 Torrens St, Victor Harbor conducts interviews on Tuesday & Thursday 10am-1pm. More information about the role or any other contact Regional Coordinator Jackie Horton 8552 7858.

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A lawyer briefs his client, who is about to testify in his own defence.

The lawyer tells him: "You must swear to tell the complete truth. Do you understand?"

The client says yes, and the lawyer then asks: "Do you know what will happen if you don't tell the truth?"

And the client says: "Our side will win?"

Memories

Betty sees Doris in the supermarket and she looks terribly worried. "What's wrong," Betty asks.

Doris says: "Oh, I've just realised that my childhood punishments have become my goals... going to be early, not leaving my house and not going to a party."

Beer talk

Bert and Harold go into an Irish pub for a drink. They call the owner over and ask him to settle an argument. "Are there two pints in a quart or four?" Bert asks.

The owner says: "There be two pints in a quart."

They move down the bar and the barmaid asks: "What can it be, lads?"

Bert says: "Two pints please, miss, and the owner offered to buy them for us."

The barmaid doubts this, so Harold calls out to the owner at the other end of the bar: "You did say two pints, didn't you?"

And the owner says: "Yes, that's right chaps, two pints."

Fair go

Reaching the end of a job interview, the Human Resources Officer asks Sam, a young engineer fresh out of university: "... and what starting salary are you looking for?"

Sam says: "In the region of \$145,000 a year, depending on the benefits package."

The interviewer says: "Well, what would you say to a package of six weeks vacation, full medical and dental, company matching retirement fund to 50% of salary, and a company car leased every

two years, say, a red BMW?"

"Wow!" says the engineer. "Are you kidding?"

And the interviewer says: "Yes, but you started it."

Little Johnny again...

The teacher asks little Johnny in class: "If I gave you two cats and another two cats and another two cats, how many would cats you have?"

Johnny thinks about it: "Seven," he says.

The teacher says: "No, that's not right. Think about it... if I gave you two two cats, and another two cats and another two cats, how many cats would you have?"

Johnny says: "Seven."

The teacher loses her cool: "How on earth could you get seven cats if I gave you two cats plus two cats plus two cats you silly little boy?"

And Johnny says: "I've got one at home."

Playing games

Mr and Mrs Brown have two sons named Mind Your Own Business, and the other was named Trouble.

One day the two boys decide to play hide and seek. Trouble hides while Mind Your Own Business counts to 100. Mind Your Own Business begins looking for his brother behind garbage cans and bushes. Then he starts looking in and under cars until a police officer approaches and asks: "What are you doing?"

"Playing a game," the boy replies. "What is your name?" the officer asks. And the boy says: "Mind Your Own Business."

The police officer is angry, and shouts: "Are you looking for trouble?" And the boy replies: "Yes."

Dad jokes...

When two snakes marry, what do their towels say? Hiss and Hers.

How do crazy people go through the forest? They take the psycho path.

What's black and white and makes a lot of noise? A zebra with a drum kit.

Puzzles

answers P37 (and don't cheat)

Crossword

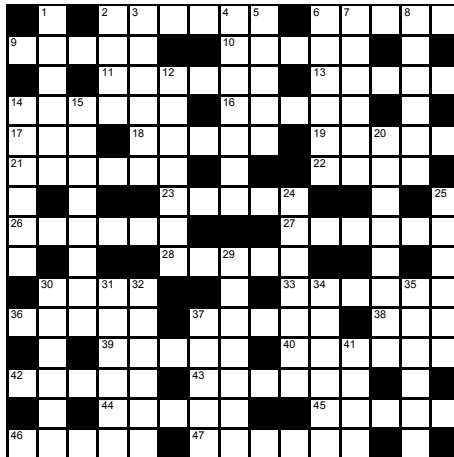
Across

2 Myths
6 Month
9 Not hollow
10 Restrict
11 Duty list
13 Grinding tooth
14 Harsh
16 Gourd
17 Period of time
18 Consumed
19 Numeral
21 Secluded inner area
22 Middle East port
23 Exterior
26 Acquire
27 Electrical unit
28 Scrap
30 Hills
33 Standards of perfection
36 Jury
37 Gap
38 Make lace
39 Hackneyed
40 Changes
42 Small fish
43 Bank employee
44 Dogma

45 Symbol
46 Liberated
47 Refused

Down

1 Stick together
2 Discharge
3 Worships
4 Component
5 Sea nymph
6 Sensitive plant
7 Made up for
8 Cowardly
12 Times of the year
14 Pulpit discourse
15 Holiday
20 Reverse
24 Fundamental
25 Banquets
29 Abundantly supplied
30 Meddle
31 Discount
32 Reviewed unsparingly
34 Expunge
35 Food cupboard
37 Satisfied fully
41 Walked



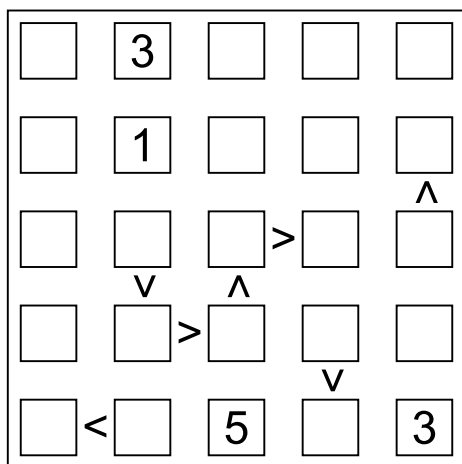
Target Time



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

Average 30, Good 36, Excellent 42+

Futoshiki



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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.

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Free Gut & Hormone Health information session
Goolwa, Sunday 9th April, 7.30pm.
Speaker - Registered Nurse & Midwife who specialises in alternative health and wellness.
RSVP Sarah **0437 115 890**

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RSVP Sarah **0437 115 890**



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, and their methods end up having unintended consequences, the life form proves more intelligent than expected.

Beauty and the Beast

(CTC) Fantasy, romance movie starring Emma Watson, Dan Stevens and Luke Evans. 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.

Loving

(PG) Drama, romance movie starring Ruth Negga, Joel Edgerton and Michael Shannon. Interracial couple Richard and Mildred Loving fell in love and were married in 1958. They grew up in Central Point, a small town in Virginia that was more integrated than surrounding areas in the American South. Yet it was the state of Virginia, where they were making their home and starting a family, that first jailed and then banished them. Richard and Mildred relocated with their children to the inner city of Washington, D.C., but the family ultimately tries to find a way back to Virginia. **Commences March 31.**

Hidden Figures

(PG) Drama starring Taraji P. Henson, Octavia Spencer, Janelle Monae and Kirsten Dunst. The incredible untold story of Katherine G. Johnson, Dorothy Vaughan and Mary Jackson - brilliant African-American women working at NASA, who served as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit, a stunning achievement that restored the nation's confidence, turned around the Space Race, and galvanized the world. The



visionary trio crossed all gender and race lines to inspire generations to dream big. **Returns April 7.**

Logan

(MA15+) Sci-fi movie starring Hugh Jackman, Patrick Stewart, Boyd Holbrook and Richard E. Grant. In the near future, a weary Logan cares for an ailing Professor X in a hide out on the Mexican border. But Logan's attempts to hide from the world and his legacy are up-ended when a young mutant arrives, being pursued by dark forces. **Commences April 7 – one week only – limited sessions.**

The Fate of the Furious

(CTC) Thriller starring Vin Diesel, Dwayne Johnson and Jason Statham. Now that Dom and Letty are on their honeymoon and Brian and Mia have retired from the game - and the rest of the crew has been exonerated - the team has found a semblance of a normal life. But when a mysterious woman seduces Dom into the world of crime he can't seem to escape and a betrayal of those closest to him, they will face trials that will test them as never before. Our elite force will criss-cross the globe to stop an anarchist from unleashing chaos on the world's stage... and to bring home the man who made them a family. **Commences April 12.**



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Seniors card \$12; children \$12; Family \$49. *
Coffee session \$12 every Wednesday outside of
school holidays.



Smurfs: The Lost Village

(CTC) Fantasy, adventure movie starring Demi Lovato, Katy Perry and Mandy Patinkin. In this sequel to Columbia Pictures/Sony Pictures Animation's hybrid live action/animated family blockbuster comedy The Smurfs, the evil wizard Gargamel creates a couple of mischievous Smurf-like creatures called the Naughties that he hopes will let him harness the all-powerful, magical Smurf-essence. But when he discovers that only a real Smurf can give him what he wants, and only a secret spell that Smurfette knows can turn the Naughties into real Smurfs, Gargamel kidnaps Smurfette and brings her to Paris, where he has been winning the adoration of millions as the world's greatest sorcerer. It's up to Papa, Clumsy, Grouchy, and Vanity to return to our time, reunite with their human friends Patrick and Grace Winslow, and rescue her! Will Smurfette, who has always felt different from the other Smurfs, find a new connection with the Naughties Vexy and Hackus - or will the Smurfs convince her that their love for her is True Blue?

Commences April 14.

The Boss Baby

(G) Comedy, animation movie starring Alec Baldwin, Lisa Kudrow and Steve Buscemi. A hilariously universal story about how a new baby's arrival impacts a family, told from the point of view of a delightfully unreliable

narrator, a wildly imaginative 7 year old named Tim. **Commences April 14**

The Lego Batman Movie

(PG) Fantasy, action, animation movie starring Will Arnett, Zach Galifianakis, Michael Cera and Ralph Fiennes. There are big changes brewing in Gotham, but if Batman (Will Arnett) wants to save the city from the Joker's (Zach Galifianakis) hostile takeover, he may have to drop the lone vigilante thing, try to work with others and maybe, just maybe, learn to lighten up. Maybe his superhero sidekick Robin (Michael Cera) and loyal butler Alfred (Ralph Fiennes) can show him a thing or two. **Commences April 14.**

Guardians of the Galaxy Vol. 2

(CTC) Sci-fi action movie starring Chris Pratt, Vin Diesel, Zoe Saldana, Dave Bautista and Bradley Cooper. In Guardians of the Galaxy 2, Peter Quill a.k.a. Star-Lord and his team of misfits continue their adventures as guardians of the galaxy against all-new threatens as their team grows and Peter learns about who his father really is. **Commences April 25.**

Denial

(M) Drama starring Rachel Weisz, Timothy Spall, Wom Wilkinson, Andrew Scott. When university professor Deborah E. Lipstadt includes World War II historian David Irving

in a book about Holocaust deniers, Irving accuses her of libel and sparks a legal battle for historical truth. With the burden of proof placed on the accused, Lipstadt and her legal team fight to prove the essential truth that the Holocaust occurred. Based on the book "History on Trial: My Day in Court with a Holocaust Denier." **Commences April 28.**

A Dog's Purpose

(CTC) Drama starring Dennis Quaid, Britt Robertson and Josh Gad. Sharing the soulful and surprising story of one devoted dog who finds the meaning of his own existence through the lives of the humans he teaches to laugh and love.

Commences May 5.

Going in Style

(CTC) Crime, comedy starring Morgan Freeman, Michael Caine and Alan Arkin. Lifelong buddies Willie (Freeman), Joe (Caine) and Al (Arkin) decide to buck retirement and step off the straight-and-narrow for the first time in their lives when their pension fund becomes a corporate casualty. Desperate to pay the bills and come through for their loved ones, the three men risk it all by embarking on a daring adventure to knock off the very bank that absconded with their money. **Commences May 5.**

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

ABN: 36 199 338 125

EDITORIAL & ADVERTISING

Ashley Porter 0402 900 317

ADMINISTRATION / WEBSITE

Jenny Porter 0422 269 325

ADVERTISING: 0402 900 317

Coast Lines values its advertisers who make this magazine possible. To guarantee advertising space for our May edition, bookings by Wednesday, April 12, and artwork by Friday, April 14. As always, thank you for any consideration in regards to advertising.

DISTRIBUTION: We deliver 5200 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.

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

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Gardening with Emily
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Veggie soup from your own garden

Although the days are getting shorter, the nights are getting colder, and your motivation for gardening may be dwindling like the warmth of summer, there are still plenty of vegetables you can grow that will keep you busy throughout the colder months.

The vegetables listed (right) are perfect to get in now before the cold really hits, and they'll be ready for those cold wintery days when all you feel like eating is a big bowl of soup.

Chunky soups and stews are always a good way to warm the soul, but how much more rewarding knowing the produce was grown and harvested in your own backyard. While there is still a hint of summer in the air, get out there and turn over your garden beds, add in compost, re-mulch, and get the soil ready for your new veggies. Get most of the hard work out the way so you don't have to spend as much time in the cold in the coming months.

Happy gardening!

Emily

- asparagus
- broad beans
- beetroot
- broccoli
- cabbage
- cauliflower
- celery
- lettuce
- onions - white
- peas
- radish
- rhubarb
- silver beet
- Brussels sprouts
- capsicums
- carrots
- eggplant
- kale
- swede
- sweet corn
- turnip
- kohlrabi
- leek
- parsnip
- potato
- pumpkin
- shallots
- spinach
- zucchini



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How to get the best flight deals

RAA

Travel talk with
Michelle Twigger
Ocean St, Victor Harbor

1 Book Early: This is the golden rule for saving the most amount of money on your flight costs. Without a doubt, most airlines will release enticing specials to attract early guaranteed bookings. Most airlines will release specials 6-8 months before your departure date. Flights departing very early in the morning or late evening are usually the cheapest within Australia as they are often the least popular, date depending.
If you're planning to travel over Christmas, New Year or public holidays it is advisable to book as soon as possible to avoid disappointment and higher prices.

2 Fly midweek: To obtain the cheapest airfares, especially for flights around Australia it can be cheaper to fly on a Tuesday or Thursday. Usually Monday or Fridays are days that business travellers fly, so prices will increase. Weekends are usually the most expensive days to depart. However, school holidays and public holidays will influence your prices as the most expensive time, despite the day of the week.

3 Add those "extras" at the time you book your flights: This applies especially to low cost carriers. Add check-in luggage, seat number requests, meals and entertainment before you fly as these are usually double to triple the cost at the airport.

4 Loyalty can count: By being a loyal member to a particular group of airlines you can obtain points to redeem on flights, vouchers or personal items, which can be a big bonus if you fly often. Depending on your loyalty



Avoid the busy business travellers that may cost you more.

status with certain airlines you may also have a wider range of aircraft seats to pick, priority check-in or use of the club lounges.

5 Be Flexible: Sometimes by having overnight stop on your way to your destination can save you money. Also, flying into the lesser known airports (like flying into London Gatwick instead of the bigger and most popular London Heathrow airport) can save you money. Just be certain to factor in the additional travel times to your itinerary, especially if you have time or leave restrictions.

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Puzzle answers

Target: begin, begun, being, berg, bier, bighorn, bine, binge, binger, bingo, bogie, bone, boner, bong, bonier, bore, boring, born, borne, bough, bougie, bourn, brig, brine, bring, brio, brogue, bruin, bung, burg, burgeon, burgh, burin, burn, ebon, gibe, giber, grub, NEIGHBOUR, herb, robe, robin, robing, rube, unrobe.

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

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

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Eat Wave with Jenny

Prawn & Fennel Risotto



Ingredients

250g peeled green prawns, shelled and deveined
1 tablespoon olive oil
salt & black pepper to season (optional)
1 litre chicken or vegetable stock
60g butter
1 small onion, finely chopped
1 fennel bulb, trimmed and finely chopped
250g risotto rice
100ml dry white wine
zest of 1 lemon
50g grated parmesan cheese
chopped fresh dill to garnish (optional)

Method

Heat the olive oil in a frying pan over medium heat, add green prawns and cook for about 3 minutes, or until prawns turn an opaque colour, and are cooked through. Season with salt and pepper if desired. Remove from the heat and turn prawns out onto a plate.
Place the stock in a saucepan and heat on medium heat until almost boiling, then reduce heat and simmer.
Melt half the butter in a large saucepan or frypan on low to medium heat; add chopped onion and fennel and continue cooking for about 6 minutes, stirring occasionally to avoid burning on the bottom of the pan. Add the rice and stir to

combine. then add wine and heat until the wine has been absorbed. Gradually add the simmering stock to just cover the rice, stirring frequently until the liquid is fully absorbed before adding more stock. This should take 20-25 minutes and the rice should be al dente and creamy. Add the cooked prawns, then remove the pan from heat and stir in the remaining butter, lemon zest and grated parmesan. Cover with a lid or alfoil and set aside for 5 minutes. Can be served with chopped fresh dill. Serves 4

Note: If preferred, prawns can be bought already cooked so there would be no need to cook them before adding to the rice.

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Fruit UPSIDE DOWN Cake



Fruit Upside Down Cake

Ingredients

50g butter
150g light brown sugar
2 peaches
200g plain flour
1 teaspoon baking powder
1 teaspoon bicarbonate of soda
1 teaspoon ground cloves
2 eggs, lightly beaten
200ml buttermilk
50ml golden canola oil

Preheat oven to 170°C.

Line the base of a 23cm round springform baking tin with baking paper, ensuring paper extends up the sides a little. Wash and dry the peaches (no need to peel), then slice thinly. Place butter and half the sugar in a saucepan and cook over low heat, stirring occasionally until the sugar has dissolved and begins to caramelise. Tip the sliced peaches into the saucepan; and stir gently to coat with the caramel mixture. Spread the peaches evenly in a single layer over the base of the prepared baking tin.

Sift the flour, baking powder, bicarbonate of soda, and ground cloves into a large bowl. Add the eggs, buttermilk, oil and remaining sugar and stir until smooth, then gently spread cake mixture over the peaches to cover. Place in pre-heated oven



and bake for 35-40 minutes or until the cake is golden on top and feels firm when gently pressed in the middle. Remove from oven and allow to cool in tin for 5 minutes before inverting onto a serving plate.

Note: Other fruits may be used instead of peaches – pears,

apples, pineapple. Coconut sugar can be used in place of light brown sugar. Other oils can be used in place of canola oil – vegetable, sunflower. Other spices can be used in place of cloves – cardamom, cinnamon. Similar size cake tins can be used, but springform makes it easier to remove cake.

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