



#### Cover

lan Steel is an amazing person having taken on the issue of helping kids get a better start in their day by eating breakfast - and it has worked incredible wonders, especially those troubled. He is pictured with his wife, Georgie,



and their children, Olivia, 12, and Sam, 10.

#### This month

#### Mother's Day, Sunday, May 14

Happy Mother's Day to all the mums of this world. But is it *mum* or *mom*? It is a matter of style like colour or color with the Americans saying mom and the British English version mum. There is argument *mom* is more appropriate because it is closer to mother. Interestingly, the use of *mom* is becoming more popular throughout Great Britain, and there are pockets of the country that have always used the American version. So where did they get *dad* from? Baby talk... da, da, but we won't go any further with that one. While on correctness, it is Mother's Day with an apostrophe before the 's' as decreed by the founder of Mother's Day, Ann Reeves Jarvis.

The occasion was first celebrated in 1908

when Anna held a memorial for her mother, a peace activist who cared for wounded soldiers on both sides of the American Civil War, in Grafton, West Virginia.

In 1912 Anna trademarked the phrases 'second Sunday in May' and 'Mother's Day'. United States of America Congress made it law to make Mother's be a singular possessive, for each family to honor its own mother and not a plural possessive commemorating all mothers in the world.

Most countries celebrate Mother's Day the second Sunday in May. Great Britain recognises the occasion on the fourth day of Lent, which this year was March 26. Whatever day, thank you.



#### Volunteers Week, May 8-14

Australia will celebrate National Volunteering Week from May 8-14, even though International Volunteering Day is Tuesday, December 5. What say

### GIVE HAPPY LIVE HAPPY

IATIONAL VOIENTIER WEEK 8-14 MAY 201

we celebrate it every day. This region is renowned for its volunteers, especially Milang, which per head of population is believed to have the second biggest list of registered volunteers in Australia. Amazing stuff, and we wouldn't be what we are without volunteers. Again, thank you.

#### Special health days in May

8: National Amyloidosis Day www.agf.org.au

**7-13:** National Pneumonia Awareness Week www.lungfoundation.com.au

10: World Lupus Day www.lupus-sle.org

**8-14:** National Multiple Chemical Sensitivity Week *www.aessra.org* 

**12:** International ME/CFS Awareness Day www. fslymewa.org.au

**16:** International Hae Day www.haeaustralasia. ora.au

**21-27:** National Macular Degeneration Awareness Week www.mdfoundation.com.au

**21-28:** National Palliative Care Week www. palliativecare.org.au

May 29-June 4: National Cancer Research Awareness Week: www.curecancer.com.au 31: World No Tobacco Day: www.who.int/ campaigns/no-tobacco-day/en/





## Our RDA is having a bad trot

Normally it's just the horses with the long faces at the Victor Harbor centre for the Riding for Disabled.

Now, with a harsh reality the club is struggling to survive, the children who disguise their disability with a beautiful smile while learning to ride them are becoming fewer and far between.

For almost 40 years children with an intellectual and/or physical disability have thrived on meaningful development working with specially trained horses, firstly through parents on Hindmarsh Island, and then the RDA at Scott Grounds from 1981, and since 2012 at Morgan Park.

For some years the RDA has catered for children brought to its centre by their school bus as a lesson. Once the lessons were free. They rose to \$10, then \$20, and with more children involved there was a need for more

horses, vet bills, feed and so on. The fee is now \$65 per lesson and RDA Victor Harbor runs at a loss.

With the new National Disability Insurance Scheme, if the schools now bring the children to RDA it is regarded as a school activity so the NDIS will not pay the RDA fee unless it is specified in a child's plan. In the RDA case that's near impossible because the program expense relates to horses. But without the horses there is no program.

Compounding the issue is that the Office for Recreation & Sport will no longer fund the 13 RDA centres state-wide after July 1 because of the new NDIS system. To top it off, the Variety Children's Charity, which has generously supported RDA for more than a decade, has shifted its focus and RDA is no longer a big part of the overall plan.

According to Sue Vincent, a long-time

RIDING FOR THE DISABLED AUSTRALIA LTD



supporter of RDA Victor Harbor including many years as president, all RDA centres have been told they now need to start running as a business to raise desperately needed funds.

"The parents have to convince the NDIS planners that RDA is a therapeutic outlet for their children and it does have benefits," Sue

"Everyone can see the benefit with speech pathology, physio and so, but it is a hard sell for our guys in our head office, who have done a wonderful job, to tell them what it means for a child who is disabled to

Continued P4



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Sue is pictured with 20-year-old Fergus, who needs a bit of attention right now.

From P3

experience physical and mental accomplishment when riding a horse.

"You have to be out here to see it in the eyes of the children. Ask about the positive feedback from parents on how much it has helped their children. They can see the difference.

"The schools can no longer bring the children here; the parents need to. We had two lessons for primary school catering for 14 children. Now we have three primary school children. In regard to the high school, we have one mother who is able to bring her child.

"At the moment we have two horses out of the program because of retirement and another is going blind. Another horse, Fergus, needs surgery. We need to find that money. We always had at least eight horses, but now we have two big horses who are getting up in age and two ponies."

Sadly, Sue lost her husband and best friend John – he was everyone's friend at RDA – almost a year ago, and between them they had helped hundreds through this RDA program. With amazing support from

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- Sue Vincent

other volunteers they watched frightened and confused kids become confident young people.

Local businesses, places like RNI Constructions, which has basically built the Morgan Park complex now named John Vincent Memorial Arena, have been remarkable with their generosity.

There's FPAG, Fleurieu Philanthropy, Rotary, Lions and others, but more help is needed. Remarkably, Sue and John never had a child with a disability. It has always been about the kids

RDA has always been more than teaching kids how to ride a horse. It's been their opportunity to look down from the saddle and have this a sense of enormous achievement of not only learning how to ride a horse, but doing something a vast majority of the rest of us cannot do. How amazing they are in their world.

"I ask you," Sue said. "How do these loving mums and dads and carers, who work and try so hard to do everything possible for their children who have a disability, tell them they can't go to riding lessons anymore?"

There are numerous ways you can RDA Victor Harbor like getting a group together and sponsoring a horse. Please contact Sue: 0417 803 351. ■





## Sing us a song, you're the piano man, sing us...

... well that's what American entertainer Billy Joel let out in his classic hit *Piano Man*.

And we're all in the mood for a melody, thanks to a fabulous community based art project *Pianola' Colada* through an Arts and Cultural Development grant from the Alexandrina Council's annual community grants program, there is a piano near you.

The popular European concept has come to our region where a brightly painted piano – in our case artwork by talented local artist Barbary O'Brien – will be strategically placed in our midst in Goolwa, Strathalbyn and Langhorne Creek throughout the year to encourage everyone to tickle the ivories.

Pictured playing this Bachmann & Sohne piano, made in Berlin in the early 1900s, is Investigator College Year 12 student Seraphina Grace, daughter of Leah Grace, who is the Arts & Cultural Development officer for Alexandrina Council, and

was behind this "pop-up piano" show.

Leah said she hoped people of all ages would be encouraged to sit down and have a go at playing the piano regardless whether they were accomplished performers. "It draws people of the community to show the hidden talents they may have," she said.

There is also a brightly coloured pianola that has been painted, and this art show with a difference will tune up for the Cittaslow International Assembly in Goolwa from May 9-12.

Barbary said her brief was to capture the Alexandrina environment, and she certainly has done a brilliant job. "I have painted a lot of things, but never a piano," she said.

And, for the record, there is another show by David Scheel as part of Alexandrina Council's Just Add Water program at Centenary Hall on September 2: *Don't Shoot Me, I'm only the Piano Player.* 

## There is always something new at the Strand Galllery













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# **KIDS**

cientists have spent a lifetime and maybe a google of dollars discovering the importance of eating breakfast. Ian Steel simply fed a troubled kid and looked at the world through his eyes.

It was then that he saw hope behind the sadness, and realised that if we all shared the same bowl without prejudice we would live in a better world.

Ian, 50, is the founder of an amazing organisation KickStart for Kids, a not-forprofit group that helps schoolchildren achieve positive educational and self esteem outcomes through giving them breakfast and hope in life.

It's now that you think this only applies to the much maligned northern and southern suburbs with their confronting socioeconomic plight, but believe it, his program also covers a need in schools across the Fleurieu Peninsula.

This is not about a blame game or a guilt trek, but our need as a community to also see a different world through these kids' eyes, and

lan's incredible journey started in 2008 when he chose to be a mentor for a disadvantaged



child; his personal way of giving something back for his happy life; a loving family with wife Georgie, and their children Seb, 15, Olivia, 12, and Sam 10, treasured moments in sport including days in football at Sturt, and success in business.

"I started though mentoring for the SA Education Department working with children who didn't have any significant adult in their life," Ian said. "Over a few years I noticed there was this massive behavioural difference between those kids and where my kids went to school, and where I coached junior footy. "Kids couldn't concentrate. I found girls sleeping the in backs of cars on their own; high levels of anxiety. They were angry and agitated all the time. They were always late for school, absenteeism was high.

"I did some research and started talking to principals, teachers, plus the kids themselves, and to the guardians or the grandparents. What I found out absolutely horrified me.

"I not only found the reason why they were hungry all the time, but horrifying other issues like 11 year-old boys stealing cars on the weekend and coming to school with needle marks in their arms. There were girls who just wanted to get pregnant like their mum did at 14, and so did her mother. They tried to get pregnant because of the government baby bonus.

"I found little girls sleeping in the backs of cars on their own because they were too scared to go inside their home where they were at risk. Girls aged as young as five doing their own washing.

"Some were so malnourished and so neglected they looked like they came out of a third-world detention camp. Their stomach had shrunk so they were never hungry and didn't know what it was like to have a proper meal

"I found kids aged five who didn't know what the primary colours were; some had never 11

There were kids eating dog food; please believe me here. I met mums who knew what bins had the freshest food in them at the local shopping centre. And I am not just talking about the northern and southern suburbs."

#### - Ian Steel, founder of KickStart for Kids

seen a book in their whole life. They didn't realise there was a story inside. It just rocked my world.

"There were kids eating dog food; please believe me here. I met mums who knew what bins had the freshest food in them at the local shopping centre. And I am not just talking about the northern and southern suburbs.

"I decided to do something about it. I realised I couldn't take all the kids home and look after them and be their parent. What I could do was make them feel good about their day by having something as simple as breakfast. Make them feel good about themselves, get them to school and help them grow their self esteem.

"Having breakfast gets the kids educated. It enables a child to concentrate, it gets them to school on time and stops the absenteeism. It enables them to learn and in the broader picture to get a job and become a valuable member of our community. We have seen these positive outcomes."

lan's reaction plan started when he went to his local shopping centre at Mitcham and

told his story to Baker's Delight, Foodland, the fruit and veg shop and said they had to help him.

"I filled up the back of my ute with product and went out to this primary school," Ian recalled. "Instantaneously, the kids turned into normal kids one second after they had filled their stomach. They had lost their high levels of anxiety and they wanted to make friends. They were happy like every other kid should be. Their self esteem grew.

"Obviously, I am talking about extreme cases here where there are no parents as we know it, because of drugs, bipolar, gambling and so on. But there are also so many other parents who, for no fault of their own, are in this situation.

"Costs are rising, mum and or dad go out to work early and can't feed the child. Electricity bills double so they can't afford breakfast for the kids. There are a number of reasons, and there is no blame game here.

"Our breakfast programs are inclusive; anyone can go to them at their school. We know we get to the kids who really need it. If we happen to get 20 kids who don't need it who cares because at least we have made it a fun, social setting; it is important for under-privileged children to inter-act in a more normal environment to help them understand the levels of behaviour they can achieve.

"The problems are not just in the public schools in the northern suburbs as some may want to believe. There are colleges in the program. Look, there are sorts or reasons. Some have a breakfast program where we deliver just fresh fruit. There are different kinds of breakfast programs."

lan's *KickStart for Kids* program now caters for 300 schools around the state. Each week 550 volunteers serve 40,000 breakfasts.

Continued P8

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

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



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#### From P7

More than 8000 sandwiches are made – cheese or Vegemite at the Western Hospital and in a kitchen in the northern suburbs predominantly for kids who wouldn't otherwise have lunch.

"We also supply basic hygiene product, basic clothing... a lot don't have any shoes, underwear," Ian said. "I have a mentoring program where 120 authorised volunteers go into schools and work one-on-one with kids.

"We have a reading program where we read to four or five kids because the kids we are talking about don't get any support at home or have someone reading. Again, they fall behind and behind and they can't get back where they should be.

"We have Camp KickStart where we go to the real at risk kids during holidays. These kids don't do anything on holidays; they are at risk at home so we pick them up early in the morning, take them to a site generally a school that we have hired out. We started that last year; the first camp had 40 and then 90, and now we are going to our second site." Now here's the crunch. While the program plays a crucial part in young lives in towns across the Fleurieu Peninsula as much as any other part of the state, the program down here has no volunteers. And Ian is asking for help.



"The program across the Fleurieu involves delivering product to the schools with the program ran by the schools themselves. A school counsellor or teacher is there, but we need volunteers to assist. They need to have a DECD (Department for Education and Child Development) check and police security check, which we organise, but they must pay for – it costs \$50.

"We also need them to do a reporting of

abuse and neglect course, which we run.

"We are already in nearly every school down here... Victor Harbor High runs their own breakfast program with help from the Lions; some schools don't believe they they need to have a breakfast program which is an insular view.

"Some say we are taking the onus off the parents, but the kids we deal with don't have parents. We also work with schools in



Goolwa, Port Elliot, Strathalbyn, Myponga, Yankalilla and Willunga. Overall, some are public schools and some are private."

lan has enjoyed a long family history with our south coast, including living in Port Elliot, where he has a "family retreat".

"The need is everywhere, particularly in the Fleurieu," Ian said. "It is amazing how many are homeless down here. A lot of disadvantaged, a lot of hardship; my word.

"It is an epidemic that no one knows about, or wants to know about. I talk to people and make more people aware that this third class of child that's living out in our suburbs in our regional areas that nobody knows about.

"Country towns take a massive amount of product. As an example, Sanitarium kindly sponsor us with their Weet-Bix supplied free of charge. We get four pallets of Weet-Bix at the start of the year and that normally runs out deep into the second term. We ran out week six of the first term this year.

"The need has never been greater... more product, more clothes and more shoes are going out. More kids are needing mentoring." And lan, who spends at least 60 hours a week on his *KickStart for Kids* program in between trying to run his building supplies business, needs our help. Along his journey he has been an Australia Day Award finalist, been named Entrepreneur of the Year, and been awarded an OAM.

But as he says, this is all not about him, but the sacrifices of his own family. And it's about our kids.

If you would like to help lan's KickStart for Kids program as a volunteer or would like to make a donation, please email him at: ian@kickstartforkids.com.au or M: 0400 005 880.

www.kickstartforkids.com.au

## Counselling nedded more than ever

Pronwyn Pinkster has spent an academic lifetime assisting people of all ages to explore their personal and emotional issues, and appreciates the pressures we may be under, particularly parents.

And as a Master of Counselling and Psychotherapy, and a volunteer for Lifelife Australia, she believes the need in our society to seek counselling has never been greater.

Her person-centred approach is largely about looking at the strengths a person may have, and at the same time giving them tools to help them. "It means I am there to hear the person, not interpret," she adds. Bronwyn, who returned to Port Elliot three years ago to set up her counselling practice, has predominantly worked with children, and said in general many of the issues stemmed from home. It is not surprising to many, but she acknowledges we need to appreciate there are extra pressures on today's parents.

"There are children no longer going outside, particularly boys who don't release their energy," Bronwyn said. "We need to look at ways to manage their emotions for what is happening around them, or how they respond to aggression when someone comes up to them with aggression.

"It's about valuing and not being judgemental. There is respect for the individual thinking they are within them with an ability for growth and self change.



"When I worked in schools the youngest children were seven up to teenagers. Generally, children have behavioural issues stemming from what happens in their lives. Having somebody they can talk to and share what's happening within them and developing some strategies how they will manage it, is crucial. A lot of it is stemming from that environment that exists at home.

"We haven't changed much in the way schools function... these kids that don't fit into this box of can't sit still in class really struggle, but often they are creative and they are not acknowledged for what they can do.

"For some of them to simply express how they are feeling and how they are thinking can be a big thing because sometimes no one stops and asks them. We just say 'get on with it, you will be okay'. We don't give enough time to acknowledge how people feel to solve problems."

Bronwyn Pinkster: 0401 654 082. Lifeline Australia 8552 4674.

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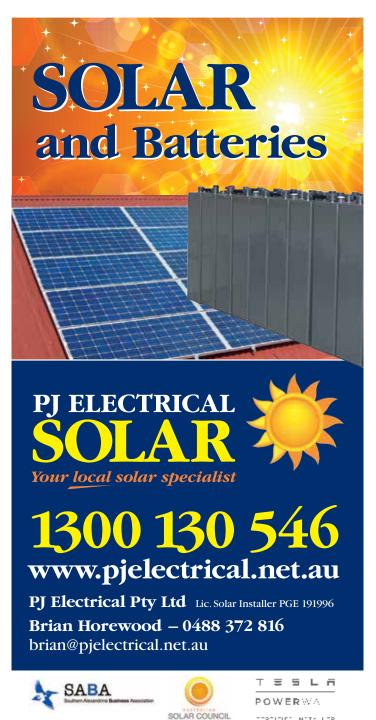
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## Looking the part for this British Classic event

The best classic motoring fashion will be the big feature of this year's British Classics Tour at Victor Harbor.

Entrants will vie for trophies among other awards for the best dressed lady and gentleman dressed in early styles through to the 70s with a special emphasis on the 30s and wartime 40s.

The highly popular event is on this Sunday, May 7 organised by the Historic Motor Vehicles Club of Victor Harbor and supported by the City of Victor Harbor.

More than 250 popular and rare cars, motorcycles and even trucks will arrive early at Victor's foreshore car park ready for the start at 11am of a coastal tour returning for a spectacular display at Warland Reserve. Cars will be arriving from 8.30am.

A flyover of Tiger Moths will add a nostalgic touch at approximately 1.45 pm prior to the official presentation of trophies.

Entrants will be flagged off through a giant archway in Albert Place which will be closed off for the day. Spectators may see the cars assemble from 8.30am.

HMVC event coordinator and chairman of the tour Graham Withers said the Club was delighted with the number of entries in the event now in its sixth year proving its popularity with SA with classic vehicle enthusiasts.

The Tour will proceed through Victoria Street to Waitpinga Road and travel to Parsons Beach and return by approximately 12.30pm.

For more information about the Tour contact the HMVC on 0430 011 457.

Pictured (from left): Ray and Meg Klecko with their "old" mechanic, Leigh Blacket, who owns the blue 1950 Morris Minor. The other vehicle, owned by Jeff Farmer, is a 1968 Triumph TR5.



# See the fine print at Strand Gallery



The ever-creative Strand Gallery will celebrate printmaking in a new exhibition *Immersion: Fleurieu* throughout May.

It is an artistic response to this wonderful region by the Ruddy Turnstones Printmaking Collective, Tricia Ross, Loique Allain, Michele Lane, Georgina Willoughby, Mei Sheong Wong and Lorelei Medcalf.

The exhibition will be launched with a 'high tea' on Saturday, May 27 at 3pm with demonstrations of printmaking. Enquiries: please contact the Strand Gallery on 0419501648.



## Let's all have a cuppa for a wonderful cause

Friends and communities across the nation will gather this month to share in Australia's Biggest Morning Tea, and once again our Fleurieu Peninsula is playing its role to help Cancer Council fight cancer.

The official date for Australia's Biggest Morning Tea this year is May 25, but if that doesn't work for you just pick any date in May or June.

To register to host an Australia's Biggest Morning Tea event simply go to the website. It's all for a wonderful cause — and a great way to meet new friends.

Among the many supporters across the Fleurieu of this national event is the brilliant

team at the Goolwa & District Community Bendigo Bank, which will again host a huge Australia's Biggest Morning Tea at the Goolwa Shopping Centre on Friday, June 2 from 10am-noon. Support the bank staff in their fundraising effort by having fun in the mall and buying a raffle ticket with heaps of prizes on offer. Contact Vicki at the **G&DCBB** at the Shopping Centre to join in this morning tea event. There are more than 1.1 million Australians who are either living with cancer or who have survived a diagnosis. Everyone can help in this huge fight over a cup of tea. www.biggestmorningtea.com.au







Goolwa will host the first Cittaslow International Assembly outside of Europe from May 9-12, and no one should be more proud than its local founder Lyn Clark. It has been an amazing journey...

## At an orange snail's pace

ittaslow is a wonderful international organisation with 220 accredited towns across 13 nations that draws upon their very soul; a beautiful, natural way of life embracing its Italian translation: slow town.

To open the gates of acceptance a criteria of 50 must be met including everything that is good about the town including its beautification and engagement of the now globally-accepted principles of the slow food movement.

It is also very much about reaching the heart of a community, but like the incredibly humble beginnings of Cittaslow in Chianti, Italy in 1999, it takes a special person to make it happen. For Goolwa, it was Lyn Clark. And it has been an amazing journey beginning from the depths of despair of the prolonged eight-year drought that crippled this town from 2001.

When Lyn and her husband John went to a meeting of the Southern Alexandrina Business Association to listen to the real impact the drought was having on the town they learned the financial loss was

\$20 million per annum. No cost could be placed on the mental strain.

The forlorn figures who sat in that room were asked for ideas, and according to Lyn the light bulb flickered inside her. She

cittaslow

recalled watching a current affairs program Foreign Correspondent, and a story on how a community in Europe had prospered having become a Cittaslow town.

"It was about identifying the good things

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Cittaslow is not something that you can put together and describe in a single sentence because it involves everything to do with the community. It involves environmental issues, infrastructure, heritage, tourism, education, community programs."

- Lyn Clark

about the town and encouraging others to slow down and experience what it was offering," Lyn said. "I thought this was a great thing that could apply right across the Fleurieu Peninsula because it was suitable for every town in our region.

"The reaction by SABA was to do a feasibility study, and the Cittaslow concept was worth persevering, which was difficult at the time because we had to find out what Cittaslow was all about. At that stage no town outside



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of Europe had gone through the process.

"It was hard work for Cittaslow too... the language barrier was a challenge for all of us. "We had to work with Council (Alexandrina) because so many of the criteria they set that we had to measure the town against involved what council was up to. Those within our council were fully supportive, which made a huge difference; this had to be a combination of council, community and businesses.

"Cittaslow is not something that you can put together and describe in a single sentence because it involves everything to do with the community. It involves environmental issues, infrastructure, heritage, tourism, education, community programs.

"It took us a while for people to understand the word Cittaslow because it is a strange one with the Citta being the Italian word for town or city ad the slow representing the slow food industry. That was unusual in itself."

With a handful of people behind Lyn's idea to explore the Cittaslow option and still trying to grasp its aims and philosophy, imagine trying to then having to convey this to the community. She organised a public meeting, and it was here that the crucial soul element of the town emerged. Of course, Lyn was not surprised.

"We had 50 volunteers who stepped forward to help us with the Cittaslow accreditation process," Lyn said. "We all had to learn what Cittaslow was and what it all meant; the implications. We started doing the presentation in 2006 and we finished in 2007 to get answers to 50 criteria to measure the town against.

"It made us look at what we actually did in this community; not just the good things, but those that needed more work and could be done better. We came out with an enormous sense of pride.

"We also found out for the first time a lot of things that council were doing. There was so many environmental things — and continue to do — and the infrastructure work that we may take for granted. It was a wonderful thing for us personally, and we felt that council learned from its community. There was a lot of listening from both sides."



Lyn made several excellent presentations to the Alexandrina Council, at which time she made a pledge. "I said that if we became Cittaslow we would become important on the world basis, and the world can come to us," she recalled. "This is what is happening at the assembly. Yes, I feel good about being able to honour this promise."

This assembly is attracting almost 100 people who will be warmly met by Cittaslow Goolwa's 160 members. The visitors are from China, Finland, Iceland, Italy, Korea, Poland, Portugal, Taiwan, The Netherlands, Turkey, United States of America, and representatives from Australia's other Cittaslow towns, Yea and Katoomba, which followed Goolwa's trail. Imagine that, friends from places like Finland and Iceland. How many tourists do we get from there?

The visitors arrive Tuesday, May 9 and have a real Aussie barbeque. What else? On Wednesday it's welcome to country and a brilliant smoke ceremony with Major Sumner representing the people of Njarranjerri, and children from Goolwa Primary School joining in a flag ceremony at Centenary Hall. Guests will be on the Cockle Train to Port Elliot and the Southern Fleurieu Historical Society, and others on to Victor Harbor to take the Big

Duck and explore Granite Island.

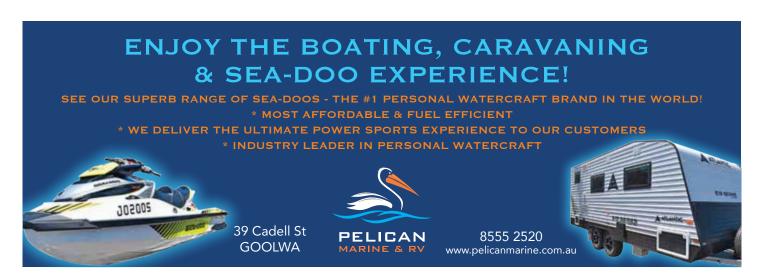
Throughout these events the members will converse the best they can in their different languages and formalities will be further observed on the Thursday including welcoming new member towns to Cittaslow. It has taken Lyn six years as president to take Goolwa into this beautiful environment, but when suggested health issues will almost certainly prevent her from jumping for joy she merely laughed. You sense, however, deep emotion inside, and not the selfcongratulatory kind either. Lyn stepped down as president last December to allow younger members who share her passion for all good things about Cittaslow to take our local group even further. Lyn has never seen this as being about her, but the town.

Lyn smiled when asked how she felt about this assembly, and spoke of her satisfaction. "I have seen Goolwa Cittaslow from birth to adolescence and now the new team is taking us to the next stage and really doing a great job," she said.

"We have had our assembly, food & wine, community garden and the Goolwa Primary School groups all working so well together." Goolwa Primary remains special to Lyn because it embraced what Cittaslow was all about by implementing healthy eating programs. In 2014 Goolwa Cittaslow was presented with the Chiocciola Orange Snail Award for community programs involving working with the Alexandrina Council's the OPAL group.

The children were basically given a container with soil, and seedlings they took home and grow, and then needed to prepare a report. For some, it led to beautiful ingredients in a salad bowl for the family. For others, there was the despair when the snails ate the leaves, bringing irony given the orange snail is the symbol of Cittaslow.

The kids who had the bad luck with the snails shared a laugh or two and were surrounded by support. That's typical of this slow town. Here, they say it also takes a child to raise a village.



# A Knights tale to warm everyone up

he new-age Australian Gas Networks scheme is giving residents an exciting option of heating and cooking with natural gas, according to Mike and Kathy Stanfield, owner and managers of Knights Heating & Cooling of McLaren Vale.

They believe coupled with the release of new state-of-the-art wood fires, a new level of home efficiency has become achieveable.

Australian Gas Networks are offering residents and businesses cheaper and cleaner heating and cooking options with an extremely attractive rebate scheme, which in many cases reduces the users' initial outlay to a minimum.

Domestic customers can expect a healthy connection rebate of \$500 along with huge rebates for gas-fired hot water services, space heaters, ducted gas, central heating systems, cookers or stove tops. Connecting to natural gas and converting or installing natural gas appliances will make life more comfortable, convenient and efficient.

Hot water contributes to about a third of a home's power bills, but with a natural gas continuous flow system and a control pad you only heat the water to the temperature you require while you are using it, representing better efficiency and lower bills.

Based in a new, prominent location at 121 Main Rd, McLaren Vale, Knights Heating & Cooling also offers a range of wall-hung splits, and ducted refrigerated systems with the latest zoning systems. The professional installation team has also been boosted by



Brendan, who has significant experience working in gas.

It means Knight's Heating & Cooling now has 90-plus years experience used to offer customers a more complete and informed service from picking up the phone or assisting clients in a superb new showroom to choose from an extensive range the best appliance to suit their needs. And the service excellence continues through installation and handover.

According to Brendan, modern technology in heating and cooling is remarkable. "For example, Regency has a direct flued heater that allows installation almost anywhere in your home and without the need of a conventional chimney," he said. "The heater may be flued horizontally through an external wall.

"Some gas heaters are now programmable, and can even be operated from another room with remote control, automatically maintaining the temperature of the area. The important thing is to get the right advice on what best suits your home or office to achieve maximum comfort and efficiency reducing running costs."



Mike has a passion for the traditional combustion heater, and is also amazed by the new technology. "A catalytic burner can allow up to 30 hours burn time from one load," he said. "They are becoming more efficient and wood is still the only renewable fuel type.

"Tradition is still very much alive with our Nectre Baker ovens, putting pots or frypans on top of the heater for cooking or having a magnificent roast, loaf of bread or pizza in the oven while still having the ambience of controlled wood heating. It is rapidly gaining popularity.

"The units are also quite stunning; they're affordable and definitely add something special to your home. Visiting our new showroom is worthwhile – take home a brochure or ask for a free home quote."





# NEWSLETTER



## **What Do You Want** From Your Council?

Budget

Most people are surprised when they learn how much councils actually do.

Imagine your suburb without street lighting, rubbish collection or the maintenance of footpaths, roadways, street trees and verges.

Imagine no playgrounds or local parks, libraries, sport and recreation facilities, community halls or seniors' services.

What might happen without health inspections at local restaurants, collection of stray animals, or provision of free immunisation clinics?

This list represents only a small proportion of what councils provide.

The City of Victor Harbor is currently looking at how it will allocate ratepayers funds in 2017/18 to the vast range of programs and services it provides.

Community involvement is central to this important decision making process.

A formal consultation process is expected to take place from 11 May until 6 June on the draft Annual Business Plan and Budget for 2017/18.

The draft plan describes how Council will allocate its budget and what services, programs and projects it intends to undertake over the next 12 months to help achieve our vision for the City of Victor Harbor as a place that offers opportunity and lifestyle.

The plan, along with details of how to get involved in the formal consultation process, will be available on council's website, yoursay. victor.sa.gov.au or from the Council Office (1 Bay Road, Victor Harbor).

#### **Key Dates**

11 May 2017 Consultation begins

25 May 2017 Listening Post (Mainstreet Precinct, 11am - 1pm)

1 June 2017 Public meeting (Civic Centre, 6.30pm)

6 June 2017 Consultation ends

#### **May 2017**

Thank You Volunteers (Page 2)

Caring Neighbourhood (Page 2)

Aguatic Centre Opening (Page 3)

Victor Harbor Dog Park (Page 3)

What's on (Page 4)

### **Mayor's** Message



It's been a busy couple of months here in Victor Harbor with 'Mad March' continuing throughout April. We've had it all from sports events. festivals, concerts, an Easter egg hunt and circus!

On the council front, we have been busy looking at our budget for 2017/18. As always we are working to ensure services and capital works that meet the needs of our community are delivered at the same time as keeping rate increases as low as possible.

To help us, I encourage you to get involved in the budget process and have a say about the future of Victor Harbor.

Let's work together for our city.

Graham Philp, Mayor



## Thank You Volunteers

#### National Volunteer Week is celebrated across the country from 8-14 May.

In line with the national celebration, the City of Victor Harbor acknowledges the outstanding contribution that volunteers make to our community.

Volunteers are involved in our community in many different ways, as members of groups and clubs, and at an individual level by helping neighbours and friends.

Council is fortunate to have more than 350 volunteers directly assisting with a number of programs and services, and as members of various advisory committees.

To all the volunteers in our community - thank you for making Victor Harbor a better place to live, work and play!



## **Caring Neighbourhood**



Every day a Caring Neighbourhood Program volunteer makes a difference in someone's life through their support and friendship.

Social connection makes us feel better as it helps prevent loneliness, isolation and depression.

Recent studies have shown that a lack of social connection can contribute to a decline in our physical and mental health. Older people are more vulnerable to becoming socially isolated when challenged with situations that impact on their life.

These life events can affect their resilience and can result in a withdrawal from the community.

The City of Victor Harbor's Caring Neighbourhood Program helps to build social capacity by bringing people together who need support to do so. It offers group and individual activities where people can get together and socialise over an activity, meal or cup of tea.

If you are interested in finding out how you could become a volunteer with the Caring Neighbourhood Program, contact Helen or Jo on 85510544.

Make sure you are in the know...

Get the latest council news delivered direct to your inbox. Subscribe to our monthly e-newsletter, Victor Viewpoint, online at www.victor.sa.gov.au

## Fleurieu Aquatic Centre **Opens With A Splash!**

Hundreds of people joined in the celebration for the highly anticipated opening of the Fleurieu Aquatic Centre.

The official opening was held on Sunday, 2 April in conjunction with a free family fun day which drew families from across the Fleurieu.

Senator for South Australia Hon. Anne Ruston MP joined City of Victor Harbor Mayor Graham Philp and Alexandrina Council Mayor Keith Parkes to officially open the aquatic centre.

Special guest, Olympian Phil Rogers, spoke about the importance of community pools in his own journey and said he was very impressed with the new facility.

During the ceremony, the mayors thanked everyone who had contributed to the Fleurieu Aquatic Centre project, and particularly acknowledged the strong support and passion shown by the community.

They said they were proud to have delivered their communities' dream of an aquatic centre.

The \$21 million aquatic centre is a joint project of the Alexandrina Council and City of Victor Harbor, with funding support from the Australian Government and South Australian Government, and a generous land donation from Beyond Today.

Find out more about programs, memberships and opening times at fleurieuaquaticcentre.com.au









It's official! Mayor Keith Parkes, Senator for South Australia Hon. Anne Ruston MP and Mayor Graham Philp cut the ribbon and declare the centre open, while inside hundreds of community members enjoyed the new facility.



## **Dog Park Gets 'Paws' Up!**

The Victor Harbor Dog Park is open, and has been given a 'paws' up by a number of users.

The park is located on the corner of George Main Road and Oval Park Road, and is a great space for people to meet to socialise and exercise their dogs.

The dog park is fully fenced with car parking available

adjacent in the Recreation Centre car park.

The park has been divided into two exercise areas so you can choose to exercise your dog in an area where you feel most comfortable.

Agility equipment is expected to be added to the dog park before the end of June 2017.

#### What's on in **Victor Harbor**



**Victor Harbor Craft and Plant Market** 7 May, 9am to 4pm, RSL Hall

#### **British Classic Tour**

7 May, Warland Reserve, Victor Harbor www.britishclassicstour.com.au

Fleurieu Heritage Experience 7 May, 11am, Victor Harbor Bookings - 1800 557 094

Whale Time Playtime Festival 28 May, 10am to 4pm, Warland Reserve www.whaletimeplaytime.com.au

Victor Harbor Farmers' Market Every Saturday, 8am to 12.30pm Grosvenor Gardens

Victor Harbor Country Markets 2nd and 4th Sunday, 8.30am to 4pm Soldiers' Memorial Reserve

#### **Tune**

**Victor Harbor Craft and Plant Market** 3 June, 9am to 4pm, RSL Hall

**Hurley Winter Classics** 10-12 June, Waitpinga Beach Surfing South Australia event

Fleurieu Heritage Experience 11 & 12 June, 11am, Victor Harbor Bookings - 1800 557 094

Victor Harbor Farmers' Market Every Saturday, 8am to 12.30pm Grosvenor Gardens, Victor Harbor

**Victor Harbor Country Markets** 2nd and 4th Sunday, 8.30am to 4pm Soldiers Memorial Reserve

**Victor Harbor Craft and Plant Market** 1 July, 9am to 4pm, RSL Hall

**Victor Harbor Farmers' Market** Every Saturday, 8am to 12.30pm Grosvenor Gardens, Victor Harbor

Victor Harbor Country Markets 2nd and 4th Sunday, 8.30am to 4pm Soldiers Memorial Reserve

More event details are available at holidayatvictorharbor.com.au



#### The people behind the scenes of our events



Charlene Lee volunteers her time to assist with the running of a number of major events including Tour Down Under, Rock N Roll Festival. Christmas Pageant, New Year's Eve and Whale Time Playtime.

While she assists with anything that is required on the day, her forte is making creative decorations.

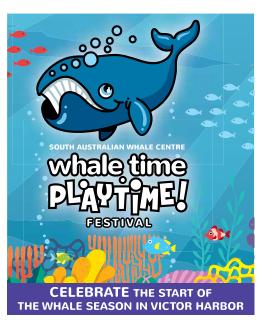
She says while events play an important role in bringing tourists to Victor Harbor, it is the hospitality and sense of community that make them stay.

**Charlene Lee** 

Charlene says her favourite moment at all events is pausing for a minute to appreciate all the work that everyone has put in to bring the event together.

Charlene's favourite event is Whale Time Playtime because it is a great day out for families and also promotes awareness around marine life, particularly the Southern Right Whales that call the waters off our coast home for a few months each year.

The Whale Time Playtime Festival will be held at Warland Reserve in Victor Harbor on Sunday, 28 May 2017.



#### **Sunday 28 May 2017** Warland Reserve, Victor Harbor







**Ronald McDonald & Friends** 11.30am

12.30pm The Amazing Drumming Monkeys Whale Season Official Opening 1.00pm

**Welcome to Country** 1.15pm The Tal-Kin-Jeri Dancers

1.45pm SeaStar Rock

2.30pm The Amazing Drumming Monkeys

3.00pm Mr Oopy 4.00pm **Festival Close** 

\$5pp Entry includes all rides, live performances, rock wall, workshops and entry to the South Australian Whale Centre









www.whaletimeplaytimefestival.com.au



## 2016 Graduate Success



#### INVESTIGATOR COLLEGE GRADUATES ACHIEVE AT THE VERY HIGHEST LEVEL IN SA

His Excellency the Honourable Hieu Van Le AC and the Honourable Jay Weatherill, Premier of South Australia, welcomed the State's highest SACE achievers to Government House. Students receiving Merits scored in the highest 1-2% of students in the State in their respective subjects. Amongst them, achieving 11 of these subject awards, were eight Investigator College students.

Daniel Mignanelli, the College Dux whose ATAR was a near-perfect 99.65, also received a special award for receiving three merits. He was one of only 60 students in South Australia to receive such an award! Dual Merit Award winners, Levi Burgess and Ella Beard, also received special recognition.

# CONGRATULATIONS ON RECEIVING 11 MERIT AWARDS!

#### Results at a glance:

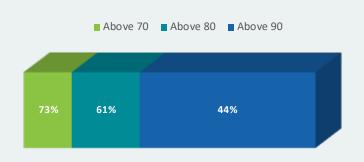
85% of Investigator students applied for university.

College's average ATAR score: 84.05

44% of graduates scored an ATAR of 90 or above

61% of graduates scored an ATAR of 80 or above

73% of graduates scored an ATAR of 70 or above





## CLASS OF 2016



SUCCESS AT INVESTIGATOR COLLEGE MEANS EVERY STUDENT ACHIEVING THEIR PERSONAL BEST

Success at Investigator College means aiming for the stars. And getting there. At Investigator College, we know about education and lifelong learning. It's what we do.

We know our 100% pass rate is world class. We know our results are truly excellent; in fact, our College's results continue to rival those of leading Independent Schools in capital cities.

We know that university education is no longer for the few; over 85% of our graduates apply for university places. Almost half of our university seekers achieved an ATAR of above 90 and the College's average ATAR score was above 84.

#### Laura Ayliffe

Bachelor of Medicine Bachelor of Surgery University of Adelaide

#### Thomas Bailie

Bachelor of Exercise Science Flinders University

#### Ella Beard\*

Bachelor of Music, Violin Griffith University, Brisbane

#### Levi Burgess\*

Bachelor of Medicine Bachelor of Surgery University of Adelaide

#### Ruby Byrne\*

Bachelor of Design University of South Australia

#### Harrison Cervantes Fuller

Life Guard/Swimming Instructor & Vehicle Detailer for Victor Tours

#### **Jaye Cousins**

Bachelor of Medicine Bachelor of Surgery University of Adelaide

#### Imilla Dunn\*

Veterinary Work Experience Travel United Kingdom and Namibia

#### Hannah Dutch

Personal Training Course Regency TAFE

#### Zach Evans

Plumbing and Gas Fitting Apprenticeship Prospect, Adelaide

#### Dillon Finlay

Part-Time Work Lifeguard Fleurieu Aquatic Centre

#### KaitLynn Gale

Deferred: Bachelor of Education
Tabor College

#### Lucy Grear

Deferred: Bachelor of Speech Pathology Flinders University Travel

#### Ethan Hallinan

Locally Employed

#### Nicola Harlow

Bachelor of Business -Sports & Recreation Management University of South Australia

#### **Thomas Hastie**

Deferred: Bachelor of Human Movement / Master of Teaching Travelling Europe

#### Monique Haynes

Personal Training Course Regency TAFE Travelling United Kingdom

#### Thomas Hodge

Diploma of Christian Studies Loftus, Sydney Travel, Mission Trip to Fiji

#### Madeline Hogg

Youth With a Mission Cert III in Discipleship Training Townsville, Queensland & Papua New Guinea

#### Scott Hughes-Lucas

Bachelor of Law and Society, Bachelor of Criminology Flinders University

#### Chloe Johnson

Work & Horse Riding Travel England

#### Gabrielle Johnson

Bachelor of Physiotherapy University of South Australia

#### India Kubisa

Bachelor of Business University of South Australia

#### Eliza Lawson

Bachelor of Nutrition and Dietetics Flinders University

#### Alecia Lever

Bachelor of Nursing University of South Australia

#### Melinda Lomman

Certificate IV in Ministry and Christian Formation Harvest College Deferred: Bachelor of Nursing Flinders University In the highly competitive university prerequisite studies of Mathematical Studies, Chemistry, Biology and Specialist Mathematics, over 75% of our students received an A. Investigator College's results are proof that we can deliver academic excellence here in your community on the South Coast.

We know that many young people also have passions that can't be met by traditional university pathways. Our College is structured so as to also allow for students to achieve in highly specialised areas such as Hospitality, Visual Arts, Drama, Music to name but a few. Students' results in these areas and in Vocational Education were also excellent with almost all students successful in achieving their TAFE, workplace and further training aspirations.

This is why the College has invested over \$7.5 million in Investigator Senior, a 21st century hub that makes full use of the very latest advances in technologies such as e-learning and modern, flexible and spacious environments. It's a bold, unprecedented centre for educational excellence for the whole community.

The educational landscape for Australian students is rapidly evolving and is characterised by flexibility, choice and competitiveness on an international scale. Students do best when they are able to choose subjects they are interested in and passionate about. It is for these reasons that the College is committed to continuing to offer a growing selection of subjects and educational pathways; we already offer in excess of 30 SACE and VET programs. Key to this growth is our commitment to face-to-face teaching, in generally small classes, by high quality, subject specialist teachers. Our staff and students don't just teach and learn; they collaborate.

Whilst we are justifiably proud of our superb results, we are mindful that the SACE and academic results are only one part - though obviously an important one - of what it means to be a great school in the 21st century. There is no simple number that can measure all the other things such as pastoral care and co-curricular activities that enrich students' lives.

#### Naomi Marks

Bachelor of Midwifery University of South Australia

#### Abbey Marshall

Bachelor of Nursing University of South Australia

#### Ellen Meyer

Executive Assistant RJ Evans and Co. Adelaide

#### Daniel Mignanelli\*

Bachelor of Electrical Engineering

University of Adelaide

#### Samuel Miller

Bachelor of Engineering (Honours) (Mechanical and Aerospace) University of Adelaide Single Studies Classical Guitar

#### Hannah Mulvenny

Certificate III in Tourism Noarlunga TAFE

Jonti Murray

Bachelor of Arts University of Adelaide

#### Shanna Nasalik

Diploma of Gaming Animation and Movie Animation Academy Interactive

Entertainment (AIE)

#### Tyler Nash

Working

**Exploring Air Force Options** 

#### Chelsea Nunn\*

Bachelor of Medicine Bachelor of Surgery University of Tasmania, Hobart

#### Phoebe Pearce

Travelling

#### **Angus Quarrington**

Bachelor of Computer Science University of Adelaide

#### Charles Rundle

Bachelor of Arts (History/Classics) University of Adelaide

#### Caroline Scott

Bachelor of Criminology University of Adelaide

#### **Tully Semovic**

Bachelor of Information Technology (Honours) (Enterprise Business Solutions) University of South Australia

#### **Amelia Skewes**

Deferred: Bachelor of Education Tabor College

#### **Courtney Smith**

Governess at Cameron Corner, Waka Station, NSW

#### April Vanderkamp

Bachelor of Science (Biotechnology) Flinders University

#### Matilda Velagic-Schimpf\*

Bachelor of Psychology University of Adelaide

Henry Wedd Working

#### \*Merit Recipients

#### **Daniel Mignanelli** Mathematical Studies, Biology, Physics

#### Ella Beard

Music Ensemble, **English Communications** 

#### **Levi Burgess**

Mathematical Methods, Biology

#### **Ruby Byrne**

Mathematical **Applications** 

**Imilla Dunn Psychology** 

#### **Chelsea Nunn** Biology

**Matilda Velagic-Schimpf English Communications** 

#### Nikki Wenham

Bachelor of Science (Veterinary Bioscience) University of Adelaide

#### Vanessa Young

Bachelor of Psychology Open University Griffith

#### Chelsea Zitterbart

Bachelor of Primary Education and Bachelor of Disability Studies Flinders University

#### Jakob Zitterbart

Deferred: Bachelor of Applied Science in Human Movement University of South Australia Exploring Air Force Options

## Investigator Senior



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At Investigator College, we acknowledge the students at Investigator Senior are young adults who deserve respect, recognition, independence, expert guidance and choice.

From Specialist Mathematics, to Drama, Music, Chemistry, Child Studies, nationally accredited Certificates in Horticulture, Conservation and Land Management, Investigator Senior is designed to be a hub of activity that links with the rest of the world, in a distinctly "senior" atmosphere characterised by flexibility, innovation, collaboration and high educational aspirations.

## Investigator Senior is more than a senior school; it is a gateway to tomorrow.

Our students work in a culture of high expectations, personalised support and guidance, and a focus on the future, giving students the best possible preparation for their lifetime.



Pictured at the Opening of the new Investigator Senior building, Principal Don Grimmett, Senator the Hon. Simon Birmingham, Minister for Education and Training, Chairman of the Board Dr Ted Sandercock, Michael Pengilly MP Member for Finniss



Investigator College Victor Harbor & Investigator Senior Bacchus Road Victor Harbor SA 5211

Goolwa 2 Glendale Grove Goolwa SA 5214 Currency Creek EcoCentre Claughton Road Currency Creek SA All enquiries
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## Spread the word.

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Creating a thriving, healthy, vibrant Goolwa and district is as important to us as it is to you. And when more people bank with us, we can invest even more money into to our community.

It's why we're here.

## Laugh Lines

#### Fast talker

Jimmy walks into the front bar of the Grosvenor Hotel and cops a few barbs about his weight from a bloke sitting in the corner. Jimmy is far from impressed, and he says: "Listen mate, I work out a lot and I bet it's a lot more than you do."

The bloke says: "Okay mate, you're on for 20 bucks... I walk here every day from my car and exercise my right arm; what exercise do you do?"

And Jimmy says: "Every day I jump to conclusions, climb the walls, drag my heels, push my luck, make mountains out of molehills, bend over backward, run around in circles, put my foot in my mouth, go over the edge, and beat around the bush."

#### Turning a blind eve

Mick has been to the optometrist, and because of patches over his eyes he can't drive home. He decides to walk to the local pub and have a beer or two while his sight comes good.

Mick shouts to the barman: "Hey mate, want to hear a blond joke?"

The barman slowly walks up to Mick and says: "Before you tell that joke you should know something. Our publican is blond, the bouncer is blond. I'm 196cm tall and a black belt in karate and I'm blond. The guy sitting on your left is slightly shorter but much heavier and meaner than me and he's blond, and the fella to your right is 190cm tall pushing 130kg and he's a wrestler and he's blond. Do you still wanna tell that joke?"

"Na," says Mick. "Not if I'm going to have to explain it five times."

#### Man talk

"I bought some shoes from a drug dealer. I don't know what he laced them with, but I've been tripping all day."

"Two clowns are eating a cannibal. One

turns to the other and says: I think we got this joke wrong."

"My wife told me I had to stop acting like a flamingo. So I had to put my foot down."

"My friend says to me: What rhymes with orange? I said: No it doesn't."

"What do you call a Frenchman wearing sandals? Phillipe Phillope."

"Today a man knocked on my door and asked for a small donation towards the local swimming pool. I gave him a glass of water." "If I had a dollar for every girl that found me unattractive, they would eventually find me attractive."

"I find it ironic that the colours red, white, and blue stand for freedom until they are flashing behind you."

"Relationships are a lot like algebra. Have you ever looked at your X and wondered Y?"

"America is a country which produces citizens who will cross the ocean to fight for democracy but won't cross the street to vote."

"Did you know that dolphins are so smart that within a few weeks of captivity, they can train people to stand on the very edge of the pool and throw them fish?"

"I think my neighbour is stalking me - she's been googling my name on her computer. I saw it through my telescope last night." "Money talks... but all mine ever says is good-bye."

#### Boom, boom...

A bank robber pulls out gun points it at the teller, and says: "Give me all the money or you're geography!" The puzzled teller replies: "Did you mean to say 'or you're history?" The robber says. "Don't change the subject."

#### Spot colour

A Spanish captain in the 18th century walks on his ship when a soldier rushes to him and exclaims: "An enemy ship is approaching us!"

The captain replies calmly: "Go get my red shirt." The soldier gets the shirt for the captain. The enemy ship comes in and heavy rounds of fire are exchanged. Finally, the Spaniards win.

The soldier asks: "Congrats sir, but why the red shirt?"

The captain replies: "If I got injured, my blood shouldn't be seen as I didn't want my men to lose hope."

Just then, another soldier runs up and says: "Sir, we just spotted another 20 enemy ships!" The captain calmly replies: "Go bring my yellow pants."

#### Dog gone

A guy spots a sign outside a house that reads: "Talking Dog for Sale."

Intrigued, he walks in. "So what have you done with your life?" he asks the dog. The dogs says: "I've led a very full life... I lived in the Alps rescuing avalanche victims.

"Then I served my country in Iraq. And now I spend my days reading to the residents of a retirement home."

The guy is flabbergasted. He asks the dog's owner: "Why on earth would you want to get rid of an incredible dog like this?" And the owner says: "Because he's a liar... he never did any of that!"

#### Dad jokes...

Which knight is always startled? Sir Prise. Why did the kid start a gardening service? He wanted to rake in some cash.

Why did the clock get sick? It was run down.

What does the gorilla call his girlfriend? His prime mate.

Where do American cows come from? Moo York

What did the dryer say to the washer? Let's go for a spin.





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SERVICE

## Puzzles

answers P29 (and don't cheat)

#### Crossword

#### Across

1 Prejudice

5 Emits rays

10 Bank employee

12 Be careful

13 Passport endorse-

ment

14 Swayed to and fro

16 Wanderer

20 Annoy

21 Groups of six

24 Be adjacent to

26 Vegetable

27 Pursues one's way

30 American state

32 Hangman's rope

33 Melody 35 Decay

37 Whirl

38 Free time

40 Underground

passage

43 Regretful

46 Boil gently

48 Soon

49 Praises 50 Takes in to graze

for payment

51 Tools

52 Deserve

#### Down

2 Large-horned wild

goat

3 Gaze fixedly

4 Chooses by vote

5 Drive backwards

7 Modern Persia

8 Teaching period

9 Given shoes

11 Love god

15 Animals attendants

17 Dominate thoughts

18 Greedy

19 Enchant

20 Fruit

22 Fit of ill humour

23 Numeral

25 Maker of suits

28 Himalayan state 29 Tendon

31 Frozen formation

34 Unfasten

36 Outdoor excursions

39 Entangle

41 That following

42 Rub out

43 Weeps convulsively

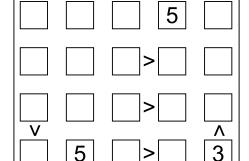
44 Flightless bird

45 Show tiredness

46 Fly upwards

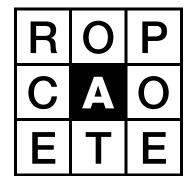
47 Agitate

## **Futoshiki**



The aim of the Futoshiki puzzle is to fit the numbers 1 to 5 into the 5x5 grid, so that every row and column contains every number only once. You also have to satisfy the less than (<) and greater than (>) signs. A less-than sign, <, means that the number it points at must be less than the number on the other side of the sign. Turned around the other way it becomes a greater-than sign, >, but the logic is still the same the number it points at is smaller than the number on its other side. By paying attention to these inequality signs, some of the possibilities from the squares can be eliminated. Each Futoshiki puzzle has only one

#### **Target Time**



Average 47, Good 54, Excellent 66+

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 captialised nouns, apostrophes or plural words ending in 's'. Reference Source: Macquarie Dictionary

#### Support small business

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#### Concreting



#### Conveyancing



#### Design / signs / illustration



Electrician



**Electrical safety** 



#### Financial advice



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**DISTRIBUTION:** We deliver 5000 copies to 128 outlets on the first Thursday of each month to: Strathalbyn, Milang, Goolwa, Middleton, Clayton Bay, Port Elliot, Victor Harbor, Cape Jervis, Kangaroo Island via SeaLink, Normanville, Yankalilla, Myponga, Inman Valley, Mount Compass, McLaren Vale, Willunga.

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#### Gardening with Emily and the DSM landscape & building supplies team @ Middleton







"here are three types of people in the world; those who love gardening, those who hate it, and those who want to love it but can't find the commitment or lasting motivation.

For those who love gardening it is easy to spend hours on your weekend weeding, pruning, planting, watering... it's therapeutic, productive, rewarding. Whether vegetables and herbs, hedges and perfectly manicured lawns, or bright flowers, all need attention and commitment.

However, for those who hate any kind of gardening, these sound like the thing they would want to do on their day off, or after work. These people either pay for someone else to do all the maintaining, or their gardens are an untamed death trap home to snakes, spiders, and are just a plain eyesore. Then there are the people who would love to love gardening. They have moments of inspiration, but cannot trust that the motivation will last. For these people, native gardens are the answer.

Australian local natives are tolerant to the harsh diversity of our climate. They are drought tolerant, frost tolerant, lime tolerant, salt tolerant, neglect tolerant. Shrubs, trees, bushes, grasses, flowers, even fruits. It is possible to have a beautiful garden that virtually takes care of itself.

At DSM Landscape and Building Supplies, we offer a range of Australian local natives from local plant wholesalers and growers, so all our stock is acclimatized to the area.

Grevilleas, wattles, colourful proteas, climbing, creeping, callistemon, kangaroo paws, and many more.

All this said, Australian native gardens don't always belong to unmotivated gardeners.

Natives can be as much or as little work as you desire them to be. They can be hedged, manicured and pruned, but they don't have to be. There is beauty in both. They just don't require as much work if you desire to spend your time somewhere other than the garden. Happy gardening.

Cheers, Em.







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Introducing a new column by Peter Schirmer of Great Southern Security on how we can best protect ourselves and our property.

## Security **Matters** with Peter Schirmer



le live in an age of instant access to the world and with that If the world has become smaller. We use the World Wide Web to access everything from social media, paying accounts to online banking.

It has given us the ability to see what is happening on the other side of the world as it happens, but sometimes I feel that this hasn't been without the loss of our sense of community.

We are so preoccupied with what's happening somewhere else in the world or interstate that we have forgotten what's happening right here in our own back yard.

Over the coming months I would like to share with you, issues that resinate locally and share the things that can make a difference, and help out our immediate community.

I was born in Victor Harbor and am proud of our area but influences will always creep into our way of life which will be of benefit to the community and some, not so much.

Primarily, I want to concentrate on security issues and local events and how we can combat these to best protect our assets and our personal well being.

Crime and its affect within our community has a huge impact on our quality of life. The stress that it creates can be life changing and that's not why we live here. You and your family's future depend on being prepared.

By following and establishing a simple set of rules in your

household and business you may have a material loss but you can help prevent a tragic loss.

As the months go by we will cover and talk about ways to best protect you when it comes to personal security and products that are available to vou.

Rule No.1. Lock it up. This one doesn't cost a thing.







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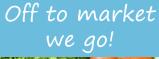


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## Go. See.

Presented by Goolwa & District Community Bendigo Bank

Just a thought... Why do we go through 80% of a toothpaste tube in a tenth of the time we go through the last 20%?





\* Markets subject to change; please check details.

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

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

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

McLAREN VALE – THE VALE MARKET: McLaren Vale Visitor Information Centre, 796 Main Rd, McLaren Vale. Next market Monday, Jiune 12, 10am-3pm.

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

PORT ELLIOT MARKET: First and

third Saturdays of the month, 9am-2pm. Lakala Res, Rosetta St. Enquiries: 0459 786 469 or ebrotarymarkets@gmail.com

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

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

VICTOR HARBOR FARMERS'
MARKET: Every Saturday 8am12-30pm 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; 9am1.30pm. 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.



#### May 12-27

The South Coast Choral & Arts Society presents one of the darkest musicals of all time – Sweeney Todd.

Directed by JJ Geelen with music

by Derek Walter, the show at the Victor Harbor Town Hall, Coral St, Victor Harbor opens on Friday, May 12.

Sweeney Todd is the unsettling tale of a Victorian-era barber who returns home to London after 15 years of exile to take revenge on the lecherous judge who framed him and ravaged his young wife. His thirst for blood soon expands to include his unfortunate customers, and the resourceful proprietress of the pie shop downstairs soon has the people of London lining up in droves with her mysterious new meat pie recipe!

Our local cast includes Wayne Scotton as Sweeney Todd, Penny Smith (Mrs Lovett), Kiera Turner (Johanna), Andrew Smith (Anthony), Alexandria Aubrey (beggar woman), Jo Kelly (Tobias),

Dylan Rufus (Pirelli), Wayne Good (Judge Turpin) and Jon Grear (Beadle).

Performances: Friday, 12 May, 7.30pm; Saturday, May 13, 2pm & 7.30pm; Wednesday, May 17, 7.30pm; Friday, May 19, 7.30pm; Saturday, May 20, 2pm & 7.30pm; Wednesday, May 24, 7.30pm; Friday, May 26, 7.30pm; Saturday, May 27, 7.30pm.

#### May 16-19

The South Lakes Golf Club club will continue to celebrate its 50th year highlighting a half century of women's open tournaments during its Women's Golf Open Week. Women's club pesident Vivienne Hand and her



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committee have again worked inceredibly hard to present one of the best organised tournaments in women's golf, and this year about 230 players will compete for the two day championship event with additional players participating in the foursomes event on the Friday.

#### Tuesday, May 23

Tetris is a dynamic interpretation of the classic electronic game. Suitable for ages 5-12 years; 60 min. show at Centenary Hall. Schools have booking form.

#### Friday, June 9

Our Stories Our Way at Signal Point, Goolwa is a collection of South Australian Aboriginal artists' works from Our Mob in 2015. The exhibition , which opens Friday, June 9 at 5.30pm, was created to engage the public with reconciliation and cross-cultural understanding, allowing Aboriginal artists from South Australia to create visual expressions of their own stories in a collective display. Enquiries: 8555 7000 or leah.grace@ alexandrina.sa.gov.au

## Going back in time

#### Saturday, May 27

It looks like we have two characters (pictured right) from our olden days visiting the Southern Fleurieu Historical Museum at Port Elliot Showgrounds, but this convict and sailor are actually half-size miniatures as part of a new History of Fashion display. The costumes from our 1788-1950 era were meticulously created by Brian Reader, who began making costumes for actors in theatre productions in Adelaide in 1969. Brian has made numerous miniatures. 30 of which will be on display at the museum with the launch of the History of Fashion display on Saturday, May 27 at 11am. It is a brilliant exhibition and part of South Australia's History Festival throughout May.

The Southern Fleurieu Historical Museum at the Port Elliot Showgrounds, Wright



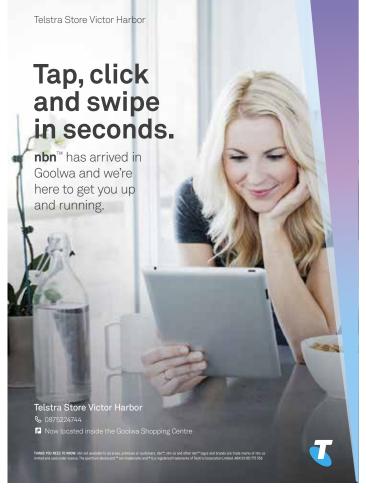
St, offers a nostalgic journey through domestic, industry and farming times uncovered among the extensive indoor and outdoor displays. Everything from meal making, early technology, laundry, music, toys, engines, tools, to horse-

drawn carriages and farming equipment. Open each Sunday and Thursday from 10am-3pm - great family entertainment and it has wheelchair access. Group bookings encouraged at these times and others by prior arrangement.

#### Friday, May 26



The friends of Alexandrina Connect, one of the great notfor-profit organisations on the Fleurieu Peninsula, is holding a Gala Dinner at the Fleurieu Function Centre — and you're invited. It's a black & gold formal dinner at 6.30 for a 7pm start, and tickets are \$70 which includes some popular live music, and a superb meal. Alexandrina Connect desperately needs to raise funds to provide a program crucial to the well-being and development of people with an intellectual and/or physical disability. The program uses art to bring out their character and amazing hidden talent that helps them do what this organisation suggests connect. All proceeds are vital in this ongoing project, a huge challenge for all concerned that can achieve vital aims with your support. Please RSVP by Friday, May 12. To book, contact Bev Boag at: beverleyjaneboag@g.mail.com



South Australia's History Festival began in 2004 then known as SA History Week – and it has grown to 360 events throughout May connecting us with the SA story. The Fleurieu Peninsula is once again a big part of this festival. Visit: www.historyfestival.sa.gov.au



## Connecting with our past

presented by Libraries at Strathalbyn Library Community Centre 2-2.30pm. Be transported into the land of ice and hear some of the history behind scientific exploration of Antarctica with Brian Gaull, geophysicist and author.

Thursday, 11: A Short & Sweet History Tour of The Australasian, Cadell St, Goolwa 1-1.30pm. Drop in to the state heritage-

into a Slice of Antartic History sweet guided history tour. We Alexandrina finish with current owner Juliet Michell's links to Goolwa.

> Thursday, 11: Alexandrina Council Local Heritage Awards presented by Alexandrina Libraries Langhorne Creek School 6-8pm. Help the community celebrate its built heritage in the Alexandrina Council district. To be held at the recently restored Langhorne Creek Old School.

> Thursday, 4: An introduction to Family History Research with State Records presented by Alexandrina Libraries at Goolwa Council Chambers 2-3pm.

Sundays May 7 & 21: Boats of Milang at Port Milang presented by Milang & District Historical Society at Milang Museum10am-4pm. A display of photos and memorabilia of the boats based at Milang from the 1850s to the present, including a dinghy used in the fishing industry and built in Milang in 1916. Entry fee includes refreshments. Parts of display are accessible by wheelchair.

Thur, 11; Sat 13, Sun 14, Wed 17: Boats on the Bremer presented by Potts Vintage Collection at Langhorne Creek Hub noon-4pm. The Potts family of Langhorne Creek built boats for trading and yacht racing on Lake Alexandrina and the Murray. Join local historians, hear the local stories, see beautifully crafted models and enjoy 'ship's biscuit' and port. Tours of the Bremer (bus 1-4pm) on Sat 13 & Wed 17.

Saturday 6: From Birth to Death at Christ Church, Yankalilla at

Thursday, May 11: A Journey listed Australasian for a short and Christ Church Yankalilla 11am-2.30pm.

> Saturday 6: Ghosts of Willunga Past presented by Willunga Branch, National Trust SA at St Stephen's Anglican Cemetery 2-4pm. Join National Trust members at Willunga's Stephen's Anglican Cemetery. Find out more about Willunga's slate gravestones, and discover the characters and conflicts of Willunga's fascinating past.

> Sunday 28: High Tea and Harmony presented bν Strathalbyn-Alexandrina Singers at Strathalbyn Town Hall 2-4pm.

> Friday 26: In Light's Footsteps presented by Club Fleurieu at Club Fleurieu, Yankalilla 1-1.30pm. Many know Light designed our beautiful Adelaide but few know the story of Light's first steps on the mainland. On this coach tour Dr Margaret Morgan includes journal extracts as she relates the story with stops at historic sites along the way from Rapid Bay to Yankalilla. Afternoon tea included.

> Saturday 20 & Wednesday 24: Mundoo Island Station Historic Tour Coorong presented by Mundoo Island Station & Coorong Tourism from 10.30amnoon. Enjoy a 90 min tour of this unique cattle and sheep station that runs over a series of islands in the heart of the Coorong at the River Murray's mouth. We begin on Hindmarsh Island and progress across the Mundoo Barrage to Mundoo Island where

the historical story unfolds.



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**Throughout May:** Old Lace, New Lace presented by Encounter Lacemakers at Victor Harbor Public Library Mon-Fri 9am-5pm.

**Friday 12:** Old Yankalilla at Yankalilla & District Historical Society at The Centre 2-4pm.

Sat 13 & 20 and Wed 24: Open Day at Glenbarr Homestead presented by Strathalbyn Friends of Glenbarr at Glenbarr Homestead 10am-3pm.

Sun: Port Thur & Every Elliot - Keeping History Alive presented by Southern Fleurieu Historical Museum at Port Elliot 10.30m-3pm; Showgrounds exhibition opening Sat, May 27, 11am. Discover how we lived before the 1960s. The opening of our new, unique, History of Fashion display, 11am Sat 27 May. Over 30 original, exact, 1/2-size fashion costumes from 1788-1950. See our dairy exhibition and board the restored Granite Island train. Working exhibits of farm machinery.

Sat 6 & Sun 7: Pride, Passion and Propaganda – A WWI Poster Exhibition presented by Second Valley Progress Association at Second Valley Soldiers Memorial Hall 1-5pm. Be transported to a time when Empire called and Patriotism was born. Learn about the named 40 who served and centenary celebration plans.

Daily except May 6: Remnant Treasures presented by Gaynor Hartvigsen's Stonemill Studio 11am-5pm (call to confirm). Experience a fascinating mix of art and history in Gaynor Hartvigsen's StoneMill Meet with the artist and view her work in mixed media incorporating found remnants of earlier times.

Wed 3 noon-4pm & Sat 20 1.15-3.45pm: Resource Room Open Afternoon presented by Fleurieu Peninsula Family History Group at Noarlunga Uniting Church.

6-28: Rustic Blues presented by and located at Strathalbyn Helen Stacey Gallery & Studio on Wed-Sun 11am-4.30pm & Mon-Tue by appointment. Landscapes of the region reveal signs of colonisation and settlement, awareness of gain and loss, beauty and starkness. Also artwork by Aboriginal artist Freda Jadaawa Mills.

Friday 5 & every weekend except Sun 28: Strathalbyn Rag Rug Studio presented by Australian Rugmakers Guild at Studio Blue 11am-4pm.

Every Wed & Sun: The Cockle Train presented by SteamRanger Heritage Railway at Goolwa Railway Station. Trains depart 10am, 12.15 & 2.45pm.

**Wednesday, 31:** The Curious History of Currency Creek presented at Currency Creek Hall 1-4pm.

Wednesday 10: The Stories behind the Headstones presented by Currency Creek Advisory Committee Alexandrina Council at Currency Creek Historic Cemetery from 2.30-4.30pm.

Sun 7 & 14; Sat 13: Theatrical Historical Tour Down by the Riverside presented by Strathalbyn Uniting Church at Strathalbyn Library 10am-noon.

**3-31:** Three In One presented by Strathalbyn Stationmaster's Gallery at Stationmaster's Gallery 10am-4pm.

**Wednesday, 24:** *Tour of Yankalilla Public Cemetery* presented by Yankalilla & District Historical Society 2-3.30pm.

Sunday 7 & 21: Trains and Boats and a Horse presented by Port Milang Historic Railway Museum at Milang Railway Museum 10am, noon, 2pm. In the early years of SA, the River Murray was the main transport route for produce from the eastern colonies. Learn how Milang was the busiest inland port in Australia up to 1880. Join a guided bus tour of the pioneers, places, machines, industries and transportation that made it possible.

Wednesday 17 & Sunday 21: Victor Harbor Cemetery Tour presented by Encounter Bay Family History Group at Main gate, Victor Harbor Cemetery 10.30am & 2pm.10.30am & 2pm. Journey in time with us to discover the colourful and diverse history of beautiful Currency Creek. Discover the origins of this fascinating town, originally planned as the big 'City of the South', and meet some interesting locals and buildings from years gone by.

Saturday 27: Watervilla House Historical Evening: Gentry & Nobility Ball at Watervilla House, Strathalbyn, 7.30pm. 'End of Social Season Ball' at Watervilla House (circa 1850) Strathalbyn. Black tie. Includes refined string quartet music, historical speaker, performances by the Strathalbyn Players and tours through the house.

Tue 2, Sat 13 & 27, Sun 14 & 28: Willunga History since 1839 presented by Willunga Branch National Trust of SA at Willunga Courthouse Museum 1-4pm.

**Saturday 6:** Willunga Slate Carvings: Solving the Mysteries presented by Willunga Branch, National Trust of SA at Show Hall, 11am-12.30pm.

Sunday 7: Willunga Slate: How it was Quarried; How it was worked presented by Willunga Branch, National Trust of SA at Willunga Slate Museum 1.30pm at Museum and 2.30-4pm at Slate Quarry.



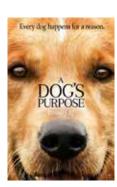
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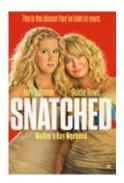














#### Guardians of the Galaxy Vol. 2

(CTC) Sci-fi action movie starring Chris Pratt, Vin Diesel, Zoe Saldana, Dave Bautista and Bradley Cooper. Directed by James Gunn. 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.

#### A Dog's Purpose

(CTC) Drama starring Dennis Quaid, Britt Robertson and Josh Gad. Directed by Lasse Hallstrom.

"A Dog's Purpose" shares 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.** 

#### Snatched

(CTC) Comedy starring Amy Schumer, Goldie Hawn and Ike Barinholtz. Directed by Jonathan Levine. After her boyfriend dumps her on the eve of their exotic vacation, impetuous dreamer Emily Middleton (Amy Schumer) persuades her cautious mum, Linda (Goldie Hawn),to travel with her to paradise. Polar opposites, Emily and Linda soon realise that working through their differences as mother and daughter is the only way to escape the wildly outrageous jungle adventure that they have fallen into. Commences May 12.

#### **Denial**

(M) Drama starring Rachel Weisz, Timothy Spall, Wom Wilkinson and Andrew Scott. Directed by Mick Jackson. 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.

#### Going in Style

(CTC) Crime, comedy starring Morgan Freeman, Michael Caine and Alan Arkin. Directoed by Zach Braff. Lifelong buddies Willie (Morgan Freeman), Joe (Michael Caine) and Al (Alan Arkin) decide to buck retirement and step off the straight-andnarrow 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.

#### Their Finest

(M) Drama, comedy starring Gemma Arterton, Sam Claflin and Bill Nighy. Directed by Lone Scherfig. In 1940, a married woman (Gemma Arterton) and a screenwriter (Sam Claflin) develop a growing attraction while working together on a propaganda film about the evacuation of Allied troops from Dunkirk, France. **Commences May 12.** 







Prices: Adults \$16; concession/students \$14; Seniors card \$12; children \$12; Family \$49. \* Coffee session \$12 every Wednesday outside of school holidays.













#### King Arthur: Legend of Sword

(CTC) Fantasy, drama starring Charlie Hunnam, Jude Law and Eric Bana. Directed by Guy Ritchie When young Arthur's father is murdered, Vortigern (Jude Law), Arthur's uncle, seizes the crown. Robbed of his birthright and with no idea who he truly is, Arthur (Charlie Hunnam) comes up the hard way in the back alleys of the city. But once he pulls the sword from the stone, his life is turned upside down, and he is forced to acknowledge his true legacy whether he likes it or not. Commences May 19.

#### The Zookeeper's wife

(CTC) Drama starring Jessica Chastain, Daniel Bruhl, Johan Heldenbergh, and Michael McElhatton. Directed by Niki Caro. The time is 1939 and the place is Poland, homeland of Antonina Zabinski and her husband, Dr. Jan Zabinski. The Warsaw Zoo flourishes under Jan's stewardship and Antonina's care. When their country is invaded by the Nazis, Jan and Antonina are forced to report to the Reich's newly appointed chief zoologist, Lutz Heck. The Zabinskis covertly begin working with

the Resistance and put into action plans to save the lives of hundreds from what has become the Warsaw Ghetto. Commences May 19.

#### Pirates of the Caribbean: Dead Men Tell No Tales

(CTC) Fantasy, action movie starring Johnny Depp, Orlando Bloom, Javier Bardem, Kaya Scidelario and Geoffrey Rush. Directed by Joachim Rønning, Espen Sandberg. Thrust into an all-new adventure, a down-on-hisluck Capt. Jack Sparrow (Johnny Depp) feels the winds of ill-fortune blowing even more strongly when deadly ghost sailors led by his old nemesis, the evil Capt. Salazar (Javier Bardem), escape from the Devil's Triangle. Jack's only hope of survival lies in seeking out the legendary Trident of Poseidon, but to find it, he must forge an uneasy alliance with a brilliant and beautiful astronomer and a headstrong young man in the British navy. Commences May 26.

#### **Baywatch**

(CTC) Action comedy starring Dwayne Johnson, Zac Efron, Priyanka Chopra and Alexandra Daddario. Directed by Seth Gordon. Baywatch follows devoted lifeguard Mitch Buchannon (Dwayne Johnson) as he butts heads with a brash new recruit (Zac Efron). Together, they uncover a local criminal plot that threatens the future of the Bay. Commences June 2.

#### The Sense of an Ending

(M) Drama starring Michelle Dockery, Jim Broadbent, Carlotte Rampling, Emily Mortimer and Harriet Walter. Directed by Ritesh Batra. A business owner (Oscar winner Jim Broadbent) reunites with his first love (Charlotte Rampling) after a letter and a diary force him to confront the past. Based on the novel by Julian Barnes. Commences June 9.

#### Viceroy's House

(CTC) Drama, history movie starring Gillian Anderson, Hugh Bonneville, Huma Qureshi, Manisha Dayal and Michael Gambon. Directed by Gurinder Chadha. In 1947, British statesman Lord Mountbatten serves as India's last Viceroy and is charged with handing India back to its people. Commences June 9.

Southern Fleurieu Historical Museum presents...

## History of fashion

1 Wright St, Port Elliot Saturday, May 27 & Sunday, May 28 10am-3pm

Unveiling of latest display exhibition of half-size historical costume replica created by Brian Reader

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he is not your normal formal school photo shoot, but then these students are not working on just any play - it's a classic.

Get ready for Investigator College's musical production of Spamalot at the Investigator College Performing Arts and Sports Centre from June 29-July

Rehearsals are well underway for this adaptation of the classic comedy film Monty Python and the Holy Grail, with more than 50 students from Year 7-12 involved.

Year 10 student Harrison Golledge is playing the lead role

Pictured: (back from left): James Goldsmith, Harrison Golledge, Isobel Pitt, Jude Mills. Middle row: James Crowhurst, Lauren Beckett, Kirsten Miller, Jo Kelly, Joshua Grist.

of King Arthur, a pompous sort of man who is out to gather together a group of brave young men to be his Knights of the Round Table. He finds the strangely flatulent Sir Bedevere (Coleman Kain), the dashingly handsome Sir Galahad (Jude Mills), the impressively brave Sir Lancelot (Alec Morris), the-notquite-so-brave-as-Sir Lancelot Sir Robin (Jo Kelly) who slew the chicken of Bristol.

Together, they are charged by God to seek the Holy Grail, but this is not an easy quest. Guided by the Lady of the Lake (Isobel Pitt), the Knights travel across the world encountering rude Frenchmen, the legendary Knights of Ni, and a mysterious enchanter known only as Tim.

This incredibly talented group of young people has been working hard to bring this quirky and hilarious story to life, learning lines, songs and dances. The show will be performed in Week 9 of Term 2 and tickets are available now.

Spamalot is on Thursday, June 29 and Friday, June 30 at 7:30pm, and Saturday, July 1 at 2pm.

Cost: Adults \$15; concession \$5. You may book online: Visit:

www.trybooking.com/PPJO



#### Exhibitors and presenters include:

- Universities
- TAFE SA
- AFL SportsReady
- Local council
- **Registered Training Organisations**
- **Academy of Interactive Entertainment**
- Many more!

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Exhibition: 12:45pm - 5:30pm **Guest presentations:** 2:00pm - 3:20pm & 4:00pm - 5:20pm

**Investigator College Perfoming Arts and Sports Centre** Bacchus Road | Victor Harbor

Free entry Afternoon tea provided



## When life is a minestrone

t's the ultimate take-away food outlet, really. Luke and Trish Cescato loved the food at their favourite Italian restaurant Enzo's in Hindmarsh so much they bought the franchise. Not content they the brought the meals to Mount Compass near where they live at Nangkita.

Welcome to their Enzo's restaurant deal with 'heat and eat meals' on the main stretch opening the south coast to sensational pasta and risottos made or supervised by Mr Enzo Fazzari himself.

The need or basis of this new business was obvious. Luke surveyed the traffic and sought further research from the Department of Planning, Transport and Infrastructure, which revealed on average 10,200 vehicles went past his shop every day. The peak hour times showed a steady flow, suggesting a lot of busy workers – probably time-poor – would welcome ready-made quality meals.

However, the concept is far from your basic take-away with their arrangement focused on the quality and flavour of the brand products.

We're talking about the finest, freshly-made Enzo's dishes like a chicken or beef lasagna, a spinach, pumpkin and ricotta lasagna, a delicious tortellini alla panna, or a traditional spaghetti bolognese — all probably cheaper than trying to make it yourself. And there are the parmigianas, meatballs and so on, even

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enzo's

enzo's

enzo's

Luke's own gelati.

Luke, who has experience in hospitality, and has Italian heritage, said the Enzo's at home concept was completely based around restaurant quality. "Enzo Fazzari has an amazing background in traditional Italian cooking and opened Enzo's Ristorante in 1999,

... there is that proven experience and expectation of the highest quality using fresh ingredients."

– Luke Cescato

so there is that proven experience and expectation of the highest quality using fresh ingredients," he added.

"It is important to have a good range; we are not just pasta. Some dishes are seasonable including Osso Bucco and great soups leading into winter like our minestrone. This soup is gluten-free and vegetarian, but don't be put off by that because it is magnificent. We do a large gluten free range including cakes and gluten free breads. We try to cater for everyone."

And you wouldn't believe it; Friday is gluten-free donut day. More 'must haves'.

Luke and Trish have three children, Jacob, 25, who runs their Hindmarsh store, Joseph, 24, and Hannah, 20, who also works in the Mount Compass, plus an Angus Black-Murray Grey named Marcy (short for Marceline) and a few chickens. It makes their life enjoyable and simple, much like the business, really. It's great.



## Eat Wave with Jenny

A delicious Italian recipe provided by Luke & Trish Cescato of Enzo's *at home* Main Rd, Mount Compass...





#### Serves 2 – 4 Ingredients

500ml jar of *Enzo's at home* Napoletana sauce

½ cup of water

4 eggs

Fresh Basil

Oregano (optional)

Garlic (optional)

Salt and pepper to taste

Continental or sour dough bread (toasted)

#### Method

In a medium size deep frypan, pour the contents of a jar of Enzo's Napoletana sauce, add ½ cup of water and bring to boil on a medium heat, add fresh basil, stirring occasionally. For extra flavour slice a small clove of garlic (optional) and add to the sauce, although our sauce is ready to eat with all the amazing flavours of garlic and basil.

Once sauce has come to boil, simmer to low heat, crack eggs making a small well in the sauce and put whole eggs one at a time, add a pinch of salt and pepper to taste (if desired), then place lid on pan and simmer on a low heat until cooked to your liking and garnish with chopped or whole basil leaves. Alternatively you may place the heated sauce in a baking dish and place the eggs in the sauce, cover with foil or oven safe lid and cook in a pre-heated moderate oven at 180° for approximately 10 mins or until eggs are cooked to your liking.

Serve with toasted bread for dipping in sauce and eggs.



## Pumpkin, Potato & Leek Soup

#### Ingredients

3 leeks, thinly sliced
60g butter
1 large brown onion, sliced
2 medium potatoes
500g butternut pumpkin
5 cups chicken stock
1 tablespoon chopped fresh parsley
(or 1 teaspoon dried parsley)
½ teaspoon nutmeg
½ teaspoon salt
pepper to season
1 cup thickened cream

#### Method

remaining butter (30g) and sliced onion in a large saucepan and saute over medium heat for several minutes. Reduce heat slightly, and add potato and pumpkin. Continue frying gently for 5 minutes, stirring occasionally. Then add chicken stock, parsley, salt and pepper, and nutmeg. Stir to combine, then reduce heat to low and simmer for 45 minutes. Remove from heat and cool slightly. Place sliced leeks in a saucepan, with half (30g) of the butter, and saute over low-medium heat for 5 minutes. Add the leeks to the soup and blend using a stick blender or benchtop blender, ensuring soup has cooled

enough to blend. Return to heat and simmer

for 10 minutes. Remove from heat and stir

through cream. Serves 6.

Peel and chop potatoes and pumpkin. Place



## Apple Meringue Pie

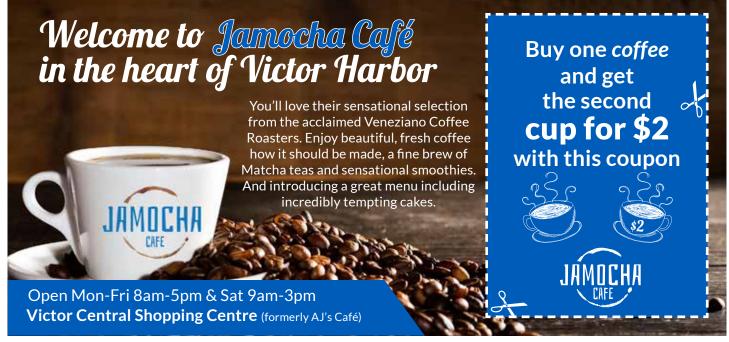
#### **Ingredients**

#### Method

Pre-heat oven to 160°C. Peel, core and slice apples. In a large saucepan combine apples, sugar, butter and rind and juice of lemon. Place on medium heat and stir occasionally, until butter has melted. Reduce heat to low, and simmer until apples become tender and start to form a pulp. Remove from heat and cool for a few

minutes. Using a fork or a stick blender, puree apples until smooth. Place egg yolks in a separate bowl and beat with a fork. Add beaten egg yolks to the apple puree and stir through until combined, then spread mixture into a 20cm pie dish (or similar).

To make meringue, place egg whites in a clean bowl and whist until soft peaks form. Add the extra sugar and beat until dissolved. Spread the meringue over the apple puree and bake at 160°C for 15 minutes, or until meringue starts to turn golden brown. Delicious served hot or cold. Note: Granny Smith apples are ideal for this dish, but any apples can be used.





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