

Coast Lines

September 2017

Vol. 7 #91

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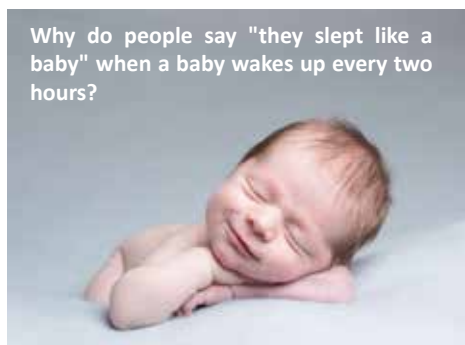
Victory
HOME IMPROVEMENTS

Cover



Here's Nat Wiseman of Village Greens of Willunga Creek, and the colourful character on our front cover is John Edmeades of Hope Forest with a bunch of saltbush in front of his organic stall. Saltbush? He picks it by Aldinga Beach and he says you'll love it in a salad or a hamburger. You'll find these stallholders and much more at the Willunga Farmers' Market. Also pictured inside are Elspeth Gordon of Willunga with her culinary delights and Fran Boag with her "real" apples. **STORY: P9**

Silly September days



Ask a Stupid Question Day is a holiday that is observed in the United States of America, usually by school students and teachers on the last school day of September. This holiday was created by teachers in the 1980s to encourage students to ask more questions in the classroom. The teachers believe children sometimes hold back, fearing their question is stupid, and asking it will result in ridicule.

Colin Powell, an American statesman and a retired four-star general in the US Army, said: "There is no such thing as a stupid question, only stupid answers." He's right, isn't he?

To celebrate this day, we ask 22 stupid questions:

1. Why do 24 hour x 7 days a week supermarkets have locks on their door?
2. When sign makers go on strike, is anything written on their signs?
3. Would a fly without wings be called a walk?
4. Did Adam and Eve have navels?
5. How do you know when you have run out of invisible ink?
6. Why isn't phonetic spelt like it sounds?
7. Why is it that only adults have difficulty with childproof bottles?
8. Why is it that when you're driving and looking for an address you turn down the volume on the radio?
9. Why is it you must wait until night to call it a day?
10. Why is the man who invests all your money called a broker?
11. If you're a kleptomaniac, is there something you can take for it?
12. Why do people say "they slept like a baby" when a baby wakes up every two hours?
13. Why is it called lipstick if you can still move your lips?
14. Why doesn't glue stick to the inside of the bottle?
15. Why doesn't Tarzan have a beard?
16. Why don't you ever see the headline: "Psychic Wins Lottery"?
17. Why is "abbreviated" such a long word?
18. If rabbits' feet are so lucky, then what happened to the rabbit?
19. If swimming is good for your shape, then why do whales look like the way they do?
20. If the product says "Do not use if seal is broken", how are you supposed to open it and use it?
21. Why do you feet smell and your nose runs?
22. Why did we limit this list to 22 silly questions?

Special September days



International Childhood Cancer Awareness Month: **thetruth365aus.org**

International Prostate Cancer Awareness Month: **pcfa.org.au**

1-7: National Asthma Awareness Week: **www.asthmaaustralia.org.au**

3-10: Cardiomyopathy Awareness Week: **www.cmaa.org.au**

4-8: Women's Health Week: **jeanhailes.org.au**

4-10: Idiopathic Hypersomnia Awareness Week: **www.hypersomnolenceaustralia.com**

6: National Health and Physical Education Day: **www.achper.org.au**

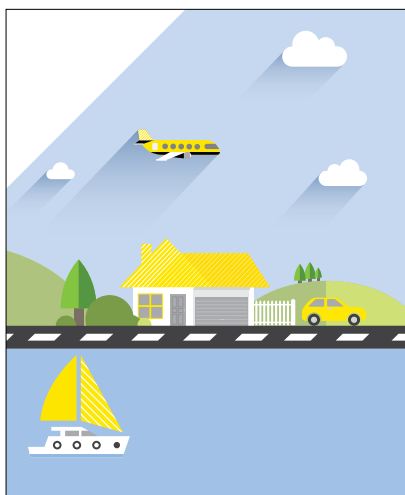
11-17: National Headache and Migraine Week: **headacheaustralia.org.au**

14: R U OK Day nationwide: **www.ruok.org.au**

Coast Lines

Whahoo! We've turned six. Thank you sincerely to all of our advertisers, story tellers, distributors and you, our readers who have helped us along the journey which now includes 91 editions. And thanks to Geoff & Sue McRostie, Todd and Mike at SA Design & Print. We sincerely hope that you have enjoyed your magazine.

Cheers! Ashley & Jenny (alias Mrs Eatwave)



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It's coming up showtime across the Fleurieu Peninsula so the kitchens are getting hotter and the competition will be fierce as ever. For one special lady, her lessons on the art of cooking scones are almost as old as some of our country shows. She is...

The Queen of Scones

M meet Jan White, by the Grace of Cooking of this Realm, Her Royal Highness the Queen of Scones, Head of the Country Shows and the Defender of the Cutter in her Kingdom of Perfect Rounds.

Forgive all of this trumpeting nonsense, but Jan, a lovely 78-year-old who learnt how to make scones from her dear Grandma Emma Sands, a scone judge at the first-ever Pinnaroo Show in 1916, really is a cut above the rest.

Maybe not as well known as the late Lady Bjelke-Petersen and her famous pumpkin scones, and not yet a national winner, but when it comes to supporting our regional country shows and having five scrapbooks of certificates and ribbons telling us her scones are absolutely scrumptious, our Jan is a real gem.

Jan has been entering scones in countless shows around the state since 1951 when she was a winner in Grade 7 at Black Forest Primary School, and is a seven-time Southern Agricultural Show Society winner involving aggregate results from its seven-member show associations in Murray Bridge, Yankalilla-Rapid Bay-Myponga, Strathalbyn, Port Elliot, Coonalpyn, Callington and Uraidla-Summertown.

And with the 139th Port Elliot Show looming, off Cameron St on the weekend of October



7-8, Jan is excited again at just being able to enter her scones. It's not about winning, she says, just being part of a wonderful show and catching up with great friends from afar, maybe some from Jabuk on the Pinnaroo

“

All of the shows are special in their own way, and I have no doubt that just entering something brings a tremendous sense of satisfaction for everyone.”

- Jan White

line where she lived on a wheat and sheep farm with her late husband Lynn for most her life.

A former school headmistress, Jan also learned the secrets of scone success from her mum, Margaret Rumball, but this century-plus family tradition is close to breaking the link as Jan and Lynn had four boys – even though one is a chef.

The Port Elliot Show, which also incorporates Victor Harbor, Mount Compass, Middleton, Currency Creek and Goolwa, is also part of the annual Laucke and CWA Scone Mix Competition, with the winner having a cook-off with their savoury scones against other regional winners leading to the state title which

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carries \$200 prizemoney.

Jan has been a finalist in the state award, and was applauded as grand champion at the 2015 Strathalbyn Show. She has been equally thrilled to win prizes at shows for her cream puffs, fruit cakes, pickles 'n jams, photos and even her Angora goat.

"All of the shows are special in their own way, and I have no doubt that just entering something brings a tremendous sense of satisfaction for everyone," Jan said. "I was once the knitting steward at the Coonalpyn Show, and the contestants were like everyone else; just excited to feel a real part of the show. That is the most important thing.

"I have always loved cooking. With my husband and four boys on the farm you've got to."

And Jan's secret to her success in the Kingdom of Scones?

"For normal scones I just use self raising flour, cream and buttermilk," she said. "Use a table knife to mix, and don't knead too much. Make sure the dough is soft, not dry.

"Put the scone cutter straight down, but don't turn it; this way the scones come out nice and upright; they're not twisted. Put them fairly close together in a hot oven at 200 C for 10-12 minutes, and when you take them out put them in a tea towel in a bowl and cover to allow them to steam for one or two minutes."

There you go; scones fit for royalty. Of course, there have been failures, like when Jan was a youngster and entered pasties in the Pinnaroo Show. She left them in the oven too long so she scraped the burnt parts off the bottom with a knife. Judge Grandma was mortified.

Jan says it reminds us to add the other ingredient in everything we cook – enjoyment. ■

Jan presents us with one of her favourite recipes on P31.

139th PORT ELLIOT SHOW OCTOBER 7-8

After the rains of '16 get set for a huge Port Elliot Show

The 139th Port Elliot Show, presented by the Southern Agricultural Society, is regarded by many as one of the best events of its kind in South Australia outside the Royal Adelaide Show, which is being held at the Wayville Showgrounds this week.

And given the fact last year's local show was regrettably cancelled following heavy rains the week preceding, this one promises to be bigger and better than ever. The Port Elliot Show, which historically embraces the townships of Victor Harbor, Mount Compass, Middleton, Currency Creek and Goolwa, offers something for everyone. There's excitement with the colourful and 'whizzing' rides, the vast array of entertainment – especially for the kids with Humphrey B. Bear and Wobbles the Clown – the spectacular horse showmanship, and the competitions for breeders of all kinds of farm animals and birds.

There is the judging of a range of produce

and cakes, lego exhibitions and even scarecrows.

This show is also one of the few across the state that incorporates an all-breeds championship dog show. Held under the auspices of Dogs SA, there will be a huge variety of pedigree dogs.

Further setting the Port Elliot Show apart is that it encompasses the acclaimed Southern Fleurieu Historical Museum – a superb travel through time.

Each section, every feature represents great value, but it is the bringing of them together that really makes the Port Elliot Show. It wouldn't be anything without the support of the sponsors and especially the outstanding support of the community with thousands expected to attend.

Well done to the Southern Agricultural Society president Steve Rogers and his incredibly dedicated management committee. See you there!

Fleurieu Peninsula Shows 2017

Yankalilla-Rapid Bay-Myponga Show,

Saturday, September 30 at Yankalilla Showgrounds, Main Rd between Yankalilla-Normanville. Adults \$10, aged pensioners \$5, children 5-15 \$5.

Strathalbyn Show, Sunday-Monday

October 1-2 at Callington Rd, Strathalbyn. Adults \$10, pensioners-students \$5, children 5-14 \$5, family (2+3) \$30.

Port Elliot Show, Saturday, October 7 from

9am-4pm & Sunday,

October 8 from

9am-4pm at Port

Elliot Showgrounds,

Cameron St, Port

Elliot. Adults \$12,

weekend pass \$20;

pensioners/students

\$8, children 8-16 \$5.

(No dogs on grounds

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two for the show,
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Festival so...*

Go! Go! Go!

Rock on Victor Harbor. More than 10,000 people, 500 hotbed-up cars and classic tunes from half a century and beyond are ready to shake, rattle and roll the town during the 10th annual Rock 'n Roll Festival. There may be a few tears for The King (Elvis, of course) in this, the 40th year of his passing last month, but mostly cheers as our free event has really captured the heart and soul of new and 'ol time rock 'n rollers from here and interstate.

The September 16-17 festival has attracted some classic bands who will perform on three stages on Warland Reserve and down Ocean Street, and at night at various spots, including *Get Back* appearing at the Victor Harbor Golf Club. For their keyboard player Richard Przesniak, 62,



it really will be a case of 'get back' for his ninth Victor Harbor festival.

"I am sure all of the bands love playing here because it's a huge drawcard for all the rock 'n roll fans," Richard (pictured) said. "It's so close to Adelaide – the location is perfect with such great scenery."

"The band has been going since 1994 and we've followed some of the great festivals around the country, like the Jail House Rock Festival in Burra four times, those at Ararat, and 11 times at the old Wintersun Festival in Coolangatta... there are rock 'n roll shows all over the place and this is one of the best."

"I think the music is as popular as ever – it's just an era for people aged 60-80 to relate to their teenage years; the fun times." Richard, lead guitarist Peter Zubrickj, drummer Alan Reeves and base guitarist Filippo Fidele have a terrific following, and like the other bands many of the *Get Back* fans will be at the festival just to hear them.

And, for the record, Richard's



hero is Jerry Lee Lewis, regarded by many as rock 'n roll's first great wild man who rose to international fame 60 years ago with his greatest hit *Whole Lotta Shakin' Goin' On*. Sadly, Jerry died four days after the anniversary of Elvis last month, aged 91.

The Victor Harbor festival offers something for the whole family besides the live music and

dancing, and the huge display of classic and custom cars. There are the markets and food stalls – the town really comes alive and the event has earned a huge following over the past decade. Some may say the people of Victor Harbor are generally older, but hey, as we said, this place rocks. ■

www.rocknrollfestival.com.au

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2017 Rock 'n Roll Festival Victor Harbor

Friday, September 15

10am: Vehicle display & Rock 'N Roll Jukebox on Grosvenor Gardens until 1pm.

Saturday, September 16

11am: Market stalls open – Warland Res & Festival Cruise arrives Ocean St & Warland Res

ROCKABILLY STAGE with DJ Jesse (Ocean St) – 11.30am: *The Silverados*; 2.10pm: *The Satellites*

ROCK 'N ROLL STAGE with DJ Rockin Roy (Warland Res) –

11am: *Get Back*; 1.40pm: *The Cadillacs*

Sunday, September 17

9am: Vehicles start arriving Warland Res & Ocean St

11am: Market stalls open – Warland Res & Vehicle judging commences

ROCKABILLY STAGE with DJ Barry Callaghan (Ocean St) – 11am: *The Memphis Suns*; 1.40pm: *The Pumpin' Piano Cats*

ROCK 'N ROLL STAGE with DJ Tommy Kaye (Warland Res.) –

11am: *The Decibels*; 1.15pm: Danny Mayers (former lead singer

of *The Delltones*) backed by *Hothouse Band*; 3.30pm: *The Lincolns*

3pm: Vehicle display trophy presentations



... and here's other great music of a different kind

The Adelaide Symphony Orchestra is coming to the Fleurieu Peninsula, thanks to some stars of a different kind.

The ASO is performing at Tatchilla Lutheran College at McLaren Vale on Saturday, October 7 at 7.30pm with the support of Southern Theatre and Arts Supporters (STARS).

The orchestra will be conducted by Michael Dahlenberg, with Owen Morris on trumpet and Julie Howard as host.

Supporting STARS as sponsors of this special event are the Willunga Customer Service Centre Bendigo Bank, Tatchilla College and Minko Wines & Providore. General admission is \$45, and STARS members \$40.

STARS is a non-profit organisation run by volunteers whose aim is to support and promote the development of the arts in the southern region and Fleurieu Peninsula of South Australia.

STARS was based at Waverley



Homestead, St Peters Terrace Willunga for 16 years, but in 2016 relocated to the Willunga Recreation Park. STARS presents regular artistic and cultural events such as operas, concerts, art exhibitions, workshops and open days.

Also, STARS liaises closely with local and other community organisations and groups like schools to encourage participation in the arts and cultural activities by younger and older people.

Bookings for the ASO concert may be made via stars.org.au or direct at trybooking.com

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Personalising names on memorials

Those who served in World War I may be further distanced by time, but their heroics and the characters behind the soldiers, nurses and military personnel are being honoured more than ever thanks to the Premier's Anzac Spirit School Prize.

Now in its tenth year, this state-wide project provides a heartfelt experience for students to travel overseas to personally pay tribute to the fallen. Remarkably, this year of the 13 chosen, nine are from country schools including two from Investigator College – Year 9 students Jasmin Grist and Alicia Crowhurst.

The award initially entailed travelling to the battlefields and memorials remembering those who served in Europe, particularly France and Belgium. However, because of today's troubled world the Premier's Department, through its Department for Education and Child Development and the Returned and Services League SA branch decided the students should go to Vietnam during the October school holidays.

More than 60,000 Australians served in the Vietnam War from 1962-72 with 521 killed and more than 3000 wounded. Malcolm McInerney, manager of the Premier's Anzac Spirit School Prize, said during the visit to Vietnam the chosen students would honour and celebrate the life of Australian soldiers killed in the line of duty.

"The students will research a soldier who died in Vietnam and every night we will



Pictured (from left) Investigator College history teacher Jodie O'Donnell, Year 9 students Jasmin Grist and Alicia Crowhurst, and manager of the Premier's Anzac Spirit School Prize Malcolm McInerney.

talk about one of those soldiers as if he were with us," Malcolm said. "We will do a little ceremony, perhaps the only time in Vietnam that person may have had an official ceremony about his sacrifice. A RSL person is coming with us this time to conduct this service."

The competition has encouraged students to go to the RSL Virtual War Memorial, an outstanding commemorative collection, purpose built by RSL (SA) to honour the personal experiences of those who had served the nation in times of conflict. It equally honours those who returned and were forever changed, many of whom have been pivotal to the RSL story over the past 100 years.

"This site allows families to put up stories online," Malcolm said. "Go to the memorials; they are everywhere," he told the Investigator students. "Look at the names and think

sacrifices of Australian service men and women in the Great War of 1914-18. For their entries, Alicia chose a local nurse, Jessie Emily Wakefield, while Jasmin focused on her great grandfather, Arthur Fillis Grist.

Investigator College history teacher Jodie O'Donnell said both girls put an incredible amount of work into their entries. "They thoroughly deserved the win, and they will be wonderful ambassadors for our college and their wider community," she added.

Entries were accepted with up to 1500 words or in a six-minute multi-media presentation on a service man or woman who served Australia during World War 1.

The 10-day Vietnam tour may be followed online through the <http://anzaccentenary.sa.gov.au/competitions/the-premiers-anzac-spirit-school-prize/>

The RSL Virtual War Memorial website is: rslvirtualwarmemorial.org.au



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Where apples are apples

Willunga
farmers market

With Chardonnay in hand the who's who of the culinary world applauded the finalists of the 2017 *delicious*. Produce Awards in Melbourne's QT Hotel early last month.

They also cheered the four national finalists for the Best Farmers' Market, and among them was our own Willunga crew. Well done. The other three from Albany, Moruya and the eventual winner Launceston must have also been, dare we say, bloody good.

There are countless farmers' markets all over the world that in their own special way deliver a unique sense of excitement and embrace a community; like the forum of Trajan during the Roman Empire which can be still seen today.

What sets the Willunga Farmers' Market apart from most to which we are accustomed is that it has reversed the food chain – profit is being poured into young farmers so they can deliver even higher quality produce, and more.

It represents an amazing turnaround from when this market started 15 years ago with a few cars pulling up on the curb, opening their car boot and selling spuds and beans. This winter there were 55 stalls; spring is here so it will soon exceed 80 including two first-time stall holders, selling seafood from Kangaroo Island and pork pies from Victor Harbor.

Along this journey volunteers have earned their plaudits, and now we have Jenni Mitton, who since February has been employed as general manager.

We also have a well-organised and incredibly enthusiastic committee that has reconnected with the community, stallholders and especially the producers.

With a marvellous sense of vision, the Willunga Farmers' Market entered a partnership with the Adelaide & Mount Lofty Ranges Natural Resource Management Board involving sponsoring a new farmer.

The first recipient is Michael Taylor, who started his business, Primordia Mushrooms, to produce exotic mushroom varieties. He received a \$15,000 grant including \$12,000 cash to help start up his business, a free stall at the Willunga Farmers' Market for the first six months, a guaranteed licence to trade here for two years, and mentoring to the value of \$3000 to assist in other business areas like bookkeeping or account management, marketing, and gaining actual farming knowledge.

Another wonderful story of support relates to The Village Greens, from Willunga Creek, a stallholder that had applied three times without success.

Continued P10



From P9

Jenni said how this business forged on at their farm growing produce and trading at the market. "It was an outstanding new application, and what they want to do is to further develop because they continuously sell out of everything," she said.

"They are supporting the restaurant trade; they're doing produce boxes which is really something that we would love to offer for people who perhaps don't have time to navigate all of the stalls here. People may be travelling from the city and call in on the way to Goolwa to pick up their box filled with fresh produce or treats like a good bottle of wine, olive oil and so on.

"We are helping them with an expanded greenhouse. There is a lack in this area year-round when it comes to growing tomatoes, I mean real tomatoes, capsicums, cucumbers and so on.

"We gave The Village Greens \$10K, and the Natural Resource Management Board was so impressed with what they are doing they matched the grant.

"This small business is now developing an advanced greenhouse to enable it to grow a lot more produce to offer to the whole

"There is a wonderful connection, especially the shoppers who come together to meet and chat. Some enjoy a great breakfast; others just talk over a fresh coffee."

– Willunga Farmers' Market general manager Jenni Mitton.

community. It's just fantastic. Local food in local restaurants is so important for the tourism industry. They will also get another \$2K grant for mentoring as well to learn this special these grafting technique

"The Willunga Farmers' Market is just that; it's about farmers, and it's putting the money we make from the market back into farming. "Wouldn't it be nice if we had more of this?

We need to understand that the farmers who received grants are in their mid-30s. The average age of Australian farmer is 60 so it is really important to support this next

generation."

Jenni juggles the Saturday morning market around the every-day life of parenting, with her husband John taking their three kids to sport, including eight-year-old Dylan, who on this particular morning was anxiously getting ready to play in the mini-league team for South Adelaide. This is also where Jenni gets her reality checks.

"The children are the first to identify what food comes from a supermarket or from our farmers' market," she said. "They're telling me you can't compare apples with apples.

"My children used to say, 'oh no, dad has bought apples at the supermarket; they're rubbish'. We have stallholders here who once grew for - and went through - distributors, and so on. They have worked so hard, and at the end of the day they must ask themselves, for what? An apple might cost you a dollar at both the market and the supermarket, but just how much does the grower get from the supermarket? Apples ain't always apples.

"We do audits to make sure that if stall holders say their produce is local then it really must be local. There must be that authenticity. It also helps us learn more about their business and together developing ideas

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how to best promote them."

Jenni believes this market has a life of its own on a Saturday morning. "You come down in the early hours and there is nothing here; it's pitch black, and then it slowly comes alive with all of this amazing activity," she says.

"There is a wonderful connection, especially the shoppers who come together to meet and chat. Some enjoy a great breakfast; others just talk over a fresh coffee.

"The relationship between the stallholders and the shoppers is also very special; there is a first-name basis. No one is rushing by and grabbing a bag of carrots or whatever, it's just one big crazy, beautiful haze.

"There are the buskers and the special demonstrations like how to grow or your own garlic. We have a community stall where we give groups the opportunity to promote themselves or do fundraising. Today it's the local tennis club talking about the opportunities to get involved in the sport and their club.

"We've had the local CFS and so on. It's all about connecting with the community and being the link to local producers.

"We have an ever-growing membership (\$45 a year) which gives people 10 per cent off everything at the stalls, and now that extends to some shops in High Street on market days. "The comfort comes when people walk up with a smile and buy their produce that was picked 5km down the road opposed to buying an apple or whatever from anywhere and not knowing how long it has sat in the cool room. It's also what gets me here early on a Saturday morning."

There is irony in the fact receiving a grant from the Willunga Farmers' Market, a not-for-profit organisation, is worth so much more than a trophy from *delicious.*, a national magazine. But that's another story. ■

www.willungafarmersmarket.com.au



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

CITTASLOW GOOLWA FARMERS MARKET:

Second and fourth Sundays of the month, 9am-1pm at Jeralde Park, Goolwa Wharf. Enquiries: Jane 0419 855 148.

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.

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-1pm. Lakala Res, Rosetta St. Enquiries: 0459 786 469 or ebrotarymarkets@gmail.com

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

STRATHALBYN – LIONS CLUB MARKET: The Lions Club of Strathalbyn holds a quarterly market on the fifth Sunday of the month (which

occurs four times a year) at Lions Park, South Tce, Strathalbyn - 8am-2pm. Enquiries: 0407 289 030.

VICTOR HARBOR FARMERS' MARKET: Every Saturday 8am-12-30pm at Grosvenor Gardens, Torrens St, Victor Harbor. Enquiries 0438 858 667

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

VICTOR HARBOR INDOOR CREATIVE CRAFT MARKET: Second Saturday of the month, 10am-2pm at RSL clubrooms, Coral St, Victor Harbor. Enquiries 0412 382 724.

WILLUNGA ARTISANS' MARKET: Second Saturday of the month, 9am-1pm at Old Show Hall, Main St, Willunga (opp Willunga Farmers' Market). Enquiries 0414 361 817.

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

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

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

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

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It's okay to change your mind

Throughout our lives people want to change our thinking. Matt Williams talks about changing our brain.

It relates to people with a learning difficulty, and as part of a South Australian parents advocacy group he is raising awareness of a Canadian project, the Arrowsmith Program, which tackles learning difficulties like dyslexia, attention deficit disorder and cognitive or mental impairment.

For almost seven years Matt, 45, of Victor Harbor, has been the carer for his sister, Kim, who has an intellectual disability. He knows they are

not alone in this struggle; their search for help dealing with a disability in their day-to-day lives.

It was 30 years ago this November that the Arrowsmith Program, which uses the principles of neuroplasticity was founded by Canadian-born Barbara Arrowsmith Young. For schoolchildren, it typically involves them using special lessons each school day working at the repetition and intensity required to make significant and lasting changes to their brain.

The Arrowsmith Program has proven effective for students with difficulty in numerous areas including reading, writing, mathematics, problem solving, visual and auditory memory, processing speed and dyslexia.

The outcomes achieved worldwide have been remarkable, including those across Australia over the past three years. Regrettably, according to Matt, South Australia has been "dragging its heels" in this specialised area of brain development, much to the anguish of



Left: Matt Williams with his sister Kim. Below: Look out for the Arrowsmith Program poster promoting the information session.



those in need and their carers.

Marryatville Primary School this year became the first in SA to run the internationally-acclaimed Arrowsmith Program for children, resulting in some parents relocating to within the school zone to access this groundbreaking approach to learning difficulties.

Matt is part of an enthusiastic and caring parent advocacy group within the community organising a free information night for other parents, carers, school principals, special education teachers or student support officers interacting with young adults with learning difficulties.

"Gauging the interest within the region is an important step in implementing this program," Matt said.

"To make sure the program runs locally we need people linked to those with a learning disability to attend the information session and show their interest," Matt said.

"The timing could not be better with the incoming National Disability Insurance Scheme. It opens the door to making real

changes in the lives of people with a disability by allowing funding for programs previously inaccessible.

"I encourage anyone to do their own research online about the Arrowsmith Program, scientific advances in brain neuroplasticity, and cognitive impairment, along with the parents advocacy group."

The information session is at the Victor Harbor Gospel Centre, 2 George Main Rd, Victor Harbor on Friday, September 15 at 4pm. Register your free ticket online at the Eventbrite website; limited seats available. Guest speaker is Sara Hardin, who established the Hopes and Dreams Foundation in Queensland and Western Australia.

Visit: www.arrowsmithschool.org/the-arrowsmith-program/
<https://hopesanddreamsfoundation.net/>
<http://www.arrowsmithadvocacysa.org.au/> ■

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Community spirit
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If you're living in one of our 300-plus Community Bank locations – look around. They're everywhere.

They're at sports grounds, theatres, community and recreational centres. The name is on outdoor amphitheatres, schools (from childcare centres through to university campuses) and playgrounds.

The 'Bendigo' may be found on boats, cars, trains and billy carts right across Australia. There are young people at university today with the help of a scholarship from their local bank branch.

There are solar panels on aged care centres, buses for use by local groups and health organisations, trumpets, guitars and other instruments purchased for school music programs and financial literacy programs for young people.

In fact, more than \$165 million has been reinvested back into Australia. Significantly, these reinvestment decisions are being made by locals and for locals.

It really is staggering to look at the spread of this funding and it makes you wonder just where these hundreds, if not thousands, of organisations would find this level of funding for their clubs and projects if it wasn't for the Bendigo network.

Now more than ever, the point of difference is important – and it's worth \$165 million, a sharing of local banking profits to benefit everyone.

Almost 20 years on, the opportunities for reinvestment by our Community Bank network, and in our local neighbourhoods, are endless.

So, the next time you're on a road trip take a good look around. How will you know when you arrive at a Community Bank community? It will be a dynamic, vibrant and welcoming metropolitan suburb, regional city, regional town or remote centre.

Bendigo community banks are scattered across Australia and they are thriving. The branches and the companies that operate them are making a real difference in the places we work, live and play.

As a bank, Bendigo Bank, is proud to partner with each and every one of you.



Be the
change.



Communities helping communities

We're a strong community in South Australia, so it goes without saying that the Bendigo Bank is also a successful Community Bank network in this State. From its first Community Bank branch opening in Virginia in 1999 to the latest in Penola in 2014, it's well and truly a Community Bank community. Combined, Bendigo has reinvested more than \$6.5 million back into our local Community Bank communities. It's happening across the Fleurieu Peninsula. It's happening right across Australia, sharing profits with communities. Partnerships have been reinvested in communities across South Australia since 2000, including:

Sporting	\$1.1m
Infrastructure	\$0.9m
Education	\$0.2m
Health	\$0.3m
Youth	\$0.3m
Arts / Culture	\$0.1m

 **Bendigo Bank**
Bigger than a bank.

Supporting the Fleurieu Community

A different approach to real estate

As a kid, Mark Richards grew up in real estate, knocking in 'for sale' signs on properties along our beautiful south coast.

Everyone said he would join this highly competitive profession one day, and they were right. Mind you, it took a while. He's 60 now, and embarking on another adventure along our southern Fleurieu Peninsula, running his own real estate business called SALT Real Estate.

The journey has included 12 years as a member of the SA Police Force, joining his parents' real estate business in Queensland, and quality time in Melbourne.

It also led to Victor Harbor and surrounds where Mark and his wife Deb became well-known having ran Cawthrons from 2001-07, a successful lifestyle décor, homewares and furniture business in the old Masonic lodge building on Hindmarsh Road. Mark then sold the building to Toop & Toop for their new south coast office and managed the sales team.

Here we are again in the local property market since July 1, this time on his own as the principal of SALT Real Estate.

Mark is again knocking in 'sold' signs, but the difference is not having a traditional real estate office – just one aspect of being different to the norm.

"I have always had a passion for the real estate industry; the people side of it,"



Mark said. "However, at this stage in my professional life I didn't want to work with major firms.

"I'm excited about SALT Real Estate – it's a uniquely different approach of caring for our clients, providing affordable real estate services."

A study of searches on the Domain real estate website in May suggested that across the lower Fleurieu Peninsula 33 per cent were from interstate. Mark believes an important aspect for clients was having an understanding of good marketing, and not necessarily just advertising.

"The process should be about helping people right from the very beginning of understanding the buying process, and think like a buyer because the buyer in real estate is actually the most important person," Mark said.

"Buyers need to be able to make better

informed decisions about where they want to be in the market... they need quality information so they can make good decisions and understand the risks.

"If you are new to the area and come from the city or interstate it is really difficult to get a handle on aspects of the community... understanding what those areas offer.

"You also need to understand the price line, what a property is actually worth.

"There is the potential of saving people considerable money if

they learn from the sales aspect by using someone skilled in the area, acting as a buyers advocate to help them, a service provided by SALT Real Estate."

Opinions suggest that at different times we are in a buyer's or a seller's market, but Mark doesn't necessarily believe we are in either.

"If you really understand marketing from the point of view from what your property offers, how it's presented, how it's taken to the market and the price line with it, the property will always sell," he said.

"We look forward to providing our future clients with an exceptional, positive experience, whether selling or buying, with SALT Real Estate.

Mark Richards

Principal RLA 279096

M: 0405 321 604

e: mark@saltrealestate.com.au

www.saltrealestate.com.au

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*when compared to some other agent fees



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Strathalbyn Careers Day

Alexandrina Council, in conjunction with Maxima and AFL Sports Ready, were represented by Ashleigh Darrie and Kane Rodgers (pictured above) who spoke of their experiences with students and their parents about careers in local government via the traineeship and apprenticeship pathway. Kane is Council's Coastal Maintenance Trainee and Ashleigh is completing a Business Administration Traineeship. Investigator College, Victor Harbor Campus held the Careers Day in June, with the event available to year 10, 11 and 12 students from the Fleurieu Peninsula to explore various tertiary education options.

Strathalbyn Woodshed

Since entering the lock-up stage of construction in mid-June, the Strathalbyn Woodshed interior labour jobs have included installation of plumbing and electrical, completion of the toilets, tea room, storage areas and work stations for the community donated machinery. Hard working Woodshed volunteers are assisting with the fit out of the interior.

The Strathalbyn Woodshed has the capacity to accommodate up to 25 people per session. It also has the opportunity to be open frequently during the day and potentially some evenings. Previously the Woodshed could only be utilised Monday, Wednesday and Saturday mornings, closing at noon due to the noise restrictions of a residential location.

The large work areas allow for much needed extra workbench space and an upgrade of dust collection facilities provides a clean, safe working environment.

The Strathalbyn Woodshed in its original location behind the Strathalbyn library was opened in 2004, thanks to the work and contributions of many community members and former Councillor Geoff Jarrett. Serving as a community hub where participants can share and learn new skills, pass on knowledge, or simply meet new people. The Woodshed provides a significant social, emotional and creative environment for retired community members. Due to open any day now, both men and women are welcomed and encouraged to join and participate.

New Loos for Mundoo



Sure to impress fishermen, boaties and visitors to the Murray Mouth and Sugar's Beach – The Mundoo Channel Drive Carpark on Hindmarsh Island has a brand new solar powered public toilet block, the only one in a 10km radius. Comprising of one male and one female toilet, both with ambulant disability access, as well as a specific unisex disability toilet, this part of the island is now well equipped with much needed public facilities following the closure of the Sugar's Beach toilet block in 2015. Alexandrina Council strives to offer healthy built and natural environments that positively contribute to the health and wellbeing of all generations providing liveable, enjoyable open spaces for all. The toilets are now open to the public, with additional work including sealing the entrance with asphalt, post and rope fencing, and signage at Sugar's Beach directing people to the facilities to be carried out over the coming weeks.



NAIDOC Week 2017

NAIDOC Week 2017 ran from 2 - 9 July and provided an excellent opportunity for all Australians to come together and celebrate the history, culture and achievements of Aboriginal and Torres Strait Island people. The Alexandrina Council region intersects the traditional lands of the Ngarrindjeri, Ramindjeri, Peramangk and Kaurna Aboriginal Nations and clans. The theme for NAIDOC Week 2017 was Our Languages Matter.

Celebrations in both Goolwa and Strathalbyn featured fun cultural events catering to all members of the community. Both events started with a Welcome to Country by Traditional Owners and a flag raising ceremony. The festivities that followed included craft activities, games, Aboriginal dance performance and singing, weaving demonstrations, a language trail and storytelling. Ngarrindjeri short films were also shown at both events and a popular highlight was the native bush food tasting table, giving people the chance to try samphire bush, muntries, bush limes, macadamia muffins and a selection of other bush tucker. A light lunch of Coorong mullet, emu and kangaroo sausages were cooked by Strathalbyn Rotary and Goolwa Lions clubs and received the tick of approval from the keen taste testers.

In embracing this year's theme of Our Languages Matter, the second edition of Ngarrindjeri language book, 'Ngarrindjeri for Smarties' was launched at the Goolwa event. The diverse languages of Australian Aboriginal and Torres Strait Islander people have been carried through generations, but traditionally, language was not written but spoken, which is why storytelling, dreamtime, song and dance is such an important part of Aboriginal culture. This inspiring new publication provides the opportunity to see the Ngarrindjeri written language and to learn a series of words and expressions.

On show at Signal Point Gallery throughout NAIDOC week was the Uwnakara (Together) exhibition. This exquisite and colourful art exhibition featured over 100 pieces from contemporary Indigenous artists of South Australia, the Fleurieu and Central Desert, and was presented by Helen Johnson of Kiri Kiri Gallery, Victor Harbor, in association with Alexandrina Council.

NAIDOC Week 2017 gave the whole community the opportunity to connect with and celebrate the history and culture of our indigenous Australians, both events hosted in Alexandrina were well attended and received great praise.

Kids' artistic expression on bark at NAIDOC celebrations at the Strathalbyn Show Hall.



Events

The Journey

8 September to 5 November 2017
Location: Signal Point Gallery, Goolwa
Artist Lindy Downing grew up in the Coorong and Lakes districts.
Enquiries: 8555 7000
www.visitalexandrina.com

Post Industrial Icons

9 September to 15 October 2017
Location: South Coast Regional Art Centre, Goolwa
Enquiries: 8555 7000
www.visitalexandrina.com

Lower Lakes Stockman's Challenge and Bush Festival

15 to 17 September 2017
Location: Langhorne Creek Road, Strathalbyn
Bringing together the top national competitors in Aussie Bush heritage events.
Enquiries: 8536 3473
www.lakeschallenge.com.au

Goolwa Concert Band

24 September 2017 at 2pm
Location: Centenary Hall, Goolwa
The Band presents an afternoon of music and entertainment supported by local and other guest artists.
Bookings: 1300 466 592
www.visitalexandrina.com

The Peter Allen Songbook

7 October 2017 at 7:30pm
Location: Centenary Hall, Goolwa
A tribute to the musical stylings of the great Peter Allen, featuring John Bowles of 'Young Talent Time' and 'Phantom of the Opera' fame.
Bookings: 1300 466 592
www.visitalexandrina.com

The 147th Strathalbyn Agriculture Show

1 and 2 October 2017 from 10am
Location: Strathalbyn Oval, Coronation Street, Strathalbyn
Enquiries: 0430 902 907
www.strathalbyshow.com.au

Port Elliot Southern Agricultural Show

7 and 8 October 2017
Location: Port Elliot Showgrounds, Cameron Street, Port Elliot
Enquiries: 0419 494 275
www.portelliotsow.com.au

Mickster the Trickster – Strathalbyn

12 October 2017 at 11am
Location: Strathalbyn Library, Strathalbyn
Bookings: 8555 7000
www.alexandrina.sa.gov.au/libraries

Mickster the Trickster - Goolwa

12 October 2017 at 2pm
Location: Centenary Hall, Goolwa
Bookings: 1300 466 592
www.visitalexandrina.com

Drawing on Country Exhibition

18 October to 19 November 2017
Location: South Coast Regional Art Centre, Goolwa
Enquiries: 8555 7000
www.visitalexandrina.com

Decluttering Workshops with Rebecca Mezzino

24 October 2017
Location: Strathalbyn Library Community Centre
www.alexandrina.sa.gov.au/libraries

Basie to Bubl  Band of the South Australian Police

28 October 2017 at 2pm
Location: Centenary Hall, Goolwa
Bookings: 1300 466 592
www.visitalexandrina.com

Youth Showcase Extravaganza

3 November 2017 at 7pm
Location: Centenary Hall, Goolwa
Bookings: 8551 0500
www.alexandrina.sa.gov.au/libraries

Cittaslow Goolwa - Smoke Off

5 November 2017
Location: Goolwa RSL Garden of Honour, Cutting Road
Come and be part of this ultimate slow-food event. Wine, music and BBQ.
www.cittaslowgoolwa.com.au

Hand Picked Festival

11 November 2017
Location: Lake Breeze Wines, Langhorne Creek
handpickedfestival.com

The Great Duck Race

12 November 2017
Location: Soldier's Memorial Gardens, Strathalbyn
www.strathrotary.org.au/Duck_Race



Annual Regional Youth Arts Exhibition

Alexandrina Council and the City of Victor Harbor collaborate to present the 19th Annual Regional Youth Art Exhibition. An explosion of colour and creativity from young people across the Fleurieu Peninsula.

Where	Signal Point Gallery, Goolwa Wharf Precinct
When	Friday, 10 November to Sunday, 3 December 2017 Opening event, Friday 10 November at 5.30pm
Cost	FREE
Enquiries	8555 7000 or 8551 0500

The Acoustic Lounge

18 November 2017 at 2pm
Location: Goolwa Library
An afternoon of soulful live music.
Bookings: 8555 7000
www.alexandrina.sa.gov.au

Grapest 5k Run

8 November 2017
Location: Langhorne Creek
Grapest 5k run is an event like no other! You can take a shot at the 5k or 10k run or the 1k wine walk.
www.centaurooutdoorevents.com.au/grapest5krun

Goolwa Poetry Cup 2017

19 November 2017 at 11am
Location: Goolwa Wharf Precinct
Fifth Annual Goolwa Poetry Cup. Gold Coin entry audience, \$10 registration fee for participants.
Enquiries: 8555 7289

Adolescent – Michael Griffiths. Don't Grow Up, It's a Trap!

25 November 2017
Location: Centenary Hall, Goolwa
Spectacular show focussing on the prolonged nostalgia of his adolescent years, the 1980s.
Bookings: 1300 466 592
www.visitalexandrina.com

Black & White on Grey exhibition, Peter McLachlan

25 November to 7 January 2017
Location: South Coast Regional Art Centre, Goolwa
Enquiries: 8555 7000
www.visitalexandrina.com

Keep up to date with upcoming and new Council events by visiting Council's website or via the tourism website:
www.alexandrina.sa.gov.au
www.visitalexandrina.com

Go. See.

Presented by the Bendigo Bank

Great Southern football & netball finals

GSFL

Preliminary finals, Saturday, September 9 at Yankalilla.

Grand finals, Saturday, September 16 at Strathalbyn.

GSNA

League grand final, Saturday, September 9 at noon: Victor Harbor v Goolwa or Strathalbyn at Victor Harbor.

September 8-November 5

The Journey is an exhibition of some fabulous photography by Lindy Downing at Signal Point Gallery, Goolwa. The impetus behind her work is documenting a changing landscape from the micro to the macro. Gallery hours: 11am-4pm, Sat-Sun 10am-4pm. Free. Floor talk Friday, September 8.

September 9-October 15

Post Industrial Icons is fabulous work developed by Colin Moore that will be displayed at South Coast Regional Arts Centre, Goolwa. The work has its roots in classical, neo-classical and industrial romanticism. Gallery hours: Wed-Fri 11am-4pm, Sat-Sun 10am-4pm. Free. Floor talk Saturday, September 9.



The Beggars Sing the Seekers
A celebration of The Seekers songs and their wonderful career

Featuring Adelaide's own international vocal group
Renée Denagheg, Stuart Day and Quinton Danne

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WWW.ALLSORTSOFFENTERTAINMENT.COM.AU

Just a thought... If a theatrical performance is about puns, is it just a play on words?

Monday, September 11

Calling all dads, grandads, uncles or other male caregivers. Round up your kids and join us for Dad's and Kid's Dinners, a free fun-filled evening of activities and a delicious home-made dinner presented by Alexandrina Council. Get out of the house, have some fun with the kids and meet other families. Activities suitable for children aged 0-10 years. There was an event at Goolwa late August and the next one is at the Strathalbyn Kindergarten, 9 Coronation Rd, from 6-8pm. Further information: Goolwa Children's Centre 8555 2509. Bookings essential.

Tuesday, September 19

The Beggars Sing The Seekers is a musical homage to *The Seekers* at the Victor Harbor Town Hall, 12 Coral St, at 2pm. From their early days in the Melbourne cafe scene in 1962 to London, the swinging centre of the pop universe, *The Seekers* were on a rollercoaster of hits. Their 1968 BBC TV breakup special *Farewell The Seekers* was watched by millions and they are still as popular as ever. All the hits are here: *I'll Never Find Another You*, *The Carnival is Over*, *Morningtown Ride* and, of course, *Georgie Girl*. They are all faithfully re-produced along with Beggar's originals and

Continued P20



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- Phones
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Light the Night on Friday, October 6

Join Light the Night in Victor Harbor and walk across the Causeway to Granite Island and back with lanterns from 5-9pm. It is an annual Leukaemia Foundation fundraising event that helps provide every Australian with the support and services they need to beat their blood cancer. Now in its tenth year, Light the Night is a unique event bringing Australia's blood cancer community together in more than 140

locations in October to remember and reflect during a moving ceremony and short lantern walk. Last year, more than 35,000 people from every Australian state and territory attended a Light the Night event, together raising more than \$2 million. Those attending raise money beforehand to help give local families facing blood cancer the emotional and practical support that will light the way forward. Visit: lightthenight.org.au



From P19

rollicking standards such as *Open Up Them Pearly Gates* and *Sinner Man*. Presented in wonderful harmony by internationally acclaimed Adelaide folk sensation *The Beggars*, who are longtime *Seekers* fans. Tickets \$25 adults, \$22 concession at Mega Health Store, Victor Central Shopping Centre. Produced by Stephen Lee. T: 0452 557 671. www.allsortsofentertainment.com.au



September 15-17

SA State Sheepdog Championships, Milang. Come and witness some of South Australia's best working 17 dogs in action. Fee entry, 9am-4pm. Contact 8575 0045. Milang Oval, 1406 Milang Road.

Sunday, September 24

The Goolwa Concert Band, with support from the Alexandrina Council, presents Colours music with colourful titles, for their Annual Concert at Centenary Hall, Goolwa, at 2pm. Great tunes like *Bye Bye Blackbird*, *Paint it Black*, *Yellow Submarine*, *You are the Sunshine of my Life*, *Little Brown Jug*, *Cherry Pink* and *Apple Blossom White*, *Black Eyes*, *I Can See Clearly Now*. All different genres but all fabulous songs and popular pieces. They are thrilled to have guest artists the "Neeto



Orchestra plus the Scottish Piper and Dancers. Compered by Colin Rogers and led by Leon Lambert. All tickets \$8.

Saturday, November 11

Handpicked Festival, Langhorne Creek. Great music and some of South Australia's coolest food and wine will come together at the Fleurieu Peninsula's Lake Breeze Wines. Get set for a great day of contemporary music, food, wine and fun. Information: www.handpickedfestival.com

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161 Main South Road, Yankalilla

Spring is lawn care time

It's spring and it's a time when you should fertilize your lawn – a perfect time to boost your lawn's growth and health, and give it a strong start to summer.

FERTILIZING: Solid/pelletised fertilizer must be watered in, either with irrigation, or rain. If not dissolved, there's no way for the grass to take in the nutrients.

Another reason spring is the best time to fertilize is because there is quite a bit more sunshine than in the winter months. A regularly fertilized lawn will have a much higher chance of riding out the intense heat and drought of summer. Brunnings supply DSM with a fabulous product, GREEN UP! Brunnings Green Up Lawn Food is specially formulated with nutrients to encourage greening and overall growth of healthy lawns. It contains NPK for growth and colour, strong root growth, and strength to aid in resistance against stress, fungal attacks and to aid in overall healthy lawn growth.

OVER SEEDING: At DSM Landscape & Building Supplies you can also find a variety of lawn seed to suit your lawn – marathon couch, marathon

kikuyu, and a tough lawn seed mix. Throughout the year your lawn will have developed bare patches, dog spots, and worn areas due to heavy traffic, or neglect. Sprinkle the seed and finish with a slow-release fertilizer. After about five weeks after the grass germinated, apply a quick-release nitrogen fertilizer.

DETHATCHING: If your lawn is 'spongy', you might need to 'dethatch' it. Dethatching will remove the blades of grass that have died over winter. Otherwise the dead blades will build up and become thatch, giving that spongy feeling on your lawn. Mow the grass right back to the runners, and fertilize and water. Deep raking is also an effective way to dethatch your lawn.

TOP DRESSING: Spring is also a good time to top dress your lawn – garden loam (80% sand, 20% loam mix) is a great top dresser that is affordable, and locks in the moisture, giving your lawn a fresh new bed to get settled into before summer. When top dressing, it is important to not cover the blade entirely, ensure the tip is showing so it can grow through the surface of the loam. Happy gardening!

Emily



Security Matters

with Peter Schirmer



Crime is rising so work together

With another busy month behind us and the cold weather is getting through to the bones this time of year we have noticed an increase in break and enter across the coast.

I raced to an alarm last week and from activation to patrols on site, it was rapid to say the least. The client had indeed had an offender breach – climbing through a side window to the house, and triggering an instant zone alarm. The offender left empty handed.

The client sustained some damage to the window and screens, but didn't sustain a large material loss. It was a perfect result for a bad situation. The client was over the moon as the home had many family airmen. Being local means we can be there quickly along with police when the need arises. The security intruder system worked within its programmed parameters and reported back to our base.

It's these times that the monitoring of your home and business are so important along with CCTV application if needed. For the sake of a few dollars per week, monitoring your security with the right company can be the best decision you will ever make when it comes to personal safety and asset protection.

Every year around this time we see an increase in break and

enters down here and each year I see many people who are totally unprepared for the stress that this can have on them. Take some time and make the call to a trusted local security provider and take the necessary steps to protect and secure your largest asset.

The introduction of NBN has not been without its teething problems for many of our customers and I'm sure many of our readers as well. If you have a monitored alarm system there are solutions for you that are extremely cost effective and can save you big dollars over time.

The NBN impact is an issue which needs a face-to-face and an educated chat, so give your provider a call or us and we can help you with that along with any questions about how it will affect you and your services.

With spring upon us now, please report all suspicious activity to police on 131444; it just maybe the piece of the puzzle that is missing. Do not confront them – call police.

If we want a safe community we must band together.. if you see something or hear something for goodness sake, say something. We are all locals if you live here and we need to watch each other's back. Make the call. Have a safe month.

Peter



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Sssssmart move

A wildlife park owner dies and leaves 17 snakes to his three workers. The instructions left in the will say that the oldest worker is to get one-half, the second oldest one-third, and the youngest one-ninth.

The three workers, recognising the difficulty of dividing 17 snakes into these fractions, begin to argue.

A visitor at the park hears about the argument, so he finds a snake under a log up the road and brings it back. He adds this snake to the 17, making 18. The oldest worker therefore gets one-half, or nine, the second oldest gets one-third, or six, and the youngest worker gets one-ninth, or two. Adding up 9, 6 and 2 equals 17.

Having settled the argument, the visitor grabs the snake. As he is leaving the oldest worker says: "How could that be?" And the visitor shouts: "It's an adder."

Time for a change

The wife starts to think their 10-year-old child Sam looks a little odd, so she decides to do a DNA test. She finds out that he is actually from completely different parents.

The wife says to her husband: "Honey, I have something very serious to tell you... according to DNA test results, Sam is not our child."

The husband says: "I know that... don't you remember? When we were leaving the

Laugh Lines

hospital, you saw the baby had pooped his diaper. Then you said, 'Please go change the baby, I'll wait for you here'. So I went inside, got a clean one and left the messy one there."

Smoking hurts

As a bloke pulls up at the Liberty petrol station in Victor Harbor to get a drink he notices two police officers from down the road staring at this silly woman having a cigarette while pumping petrol.

He gets his drink, and as he walks out he hears people screaming – the woman's arm is on fire. She's swinging her arm and running around going crazy.

The bloke dashes over to her and puts the fire out with the drink he had just bought. The officers finally come over as the woman is screaming out in pain while on the ground, and they put handcuffs on her.

The bloke is concerned, and says to the officers: "I know she shouldn't have been smoking whilst pumping petrol, but what is she being arrested for?"

And one says: "Waving a firearm."

Pigs do fly

Brad the pig farmer at Goolwa has been rearing this special pig for 12 months to enter in the Port Elliot Show.

Suddenly, an out-of-control truck bursts through the front gates, knocks over the chook house, takes the rear post out of the tractor shed, crashes into Brad's car and it's a total wreck, and then slams into the pig pen. Brad's pig goes flying through the air. Brad is petrified; he cries uncontrollably.

Suddenly, he starts shouting: "I have to get my champion pig to the hospital; "I have to get my champion pig to the hospital."

The truck driver says: "Okay mate, calm down. How can you possibly take a lame pig to the hospital?"

And Brad says: "I'll call a hambulance."

Dad jokes...

What happened to Colin the Maude St butcher? He backed into a meat cutter and got a little behind in his work.

Which Dark Lord of the Sith also plays country music? Darth Brooks.

What do lawyers wear to court? Lawsuits.

What do you call security guards working outside Samsung shops? Guardians of the Galaxy.

What sound do porcupines make when they kiss? "Ouch!"

What did the triangle say to the circle? "You're pointless."

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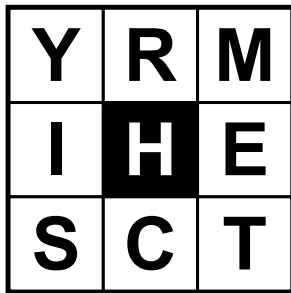
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Puzzles

answers P27 (and don't cheat)

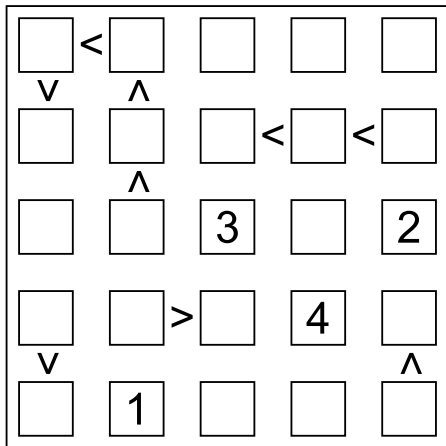
Target Time



Average 20,
Good 25,
Excellent 30+

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

Futoshiki



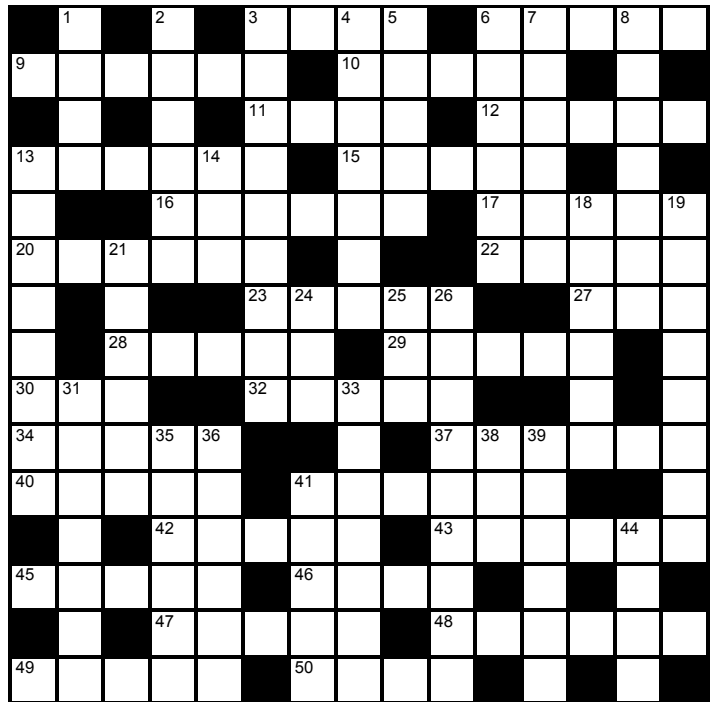
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The aim of the Futoshiki puzzle is to fit the numbers 1 to 5 into the 5x5 grid, so that every row and column contains every number only once. You also have to satisfy the less than (<) and greater than (>) signs. A less-than sign, <, means that the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

Crossword

Across

- 3 Disguise
- 6 Hook-nosed cruel puppet
- 9 Gallery of shops
- 10 Worker in stone
- 11 Part of the body
- 12 Showy deed
- 13 Whole
- 15 Second of two
- 16 Not diligent
- 17 Tricks
- 20 Obstruct
- 22 Sanity
- 23 Cosy retreats
- 27 Greek letter
- 28 Region
- 29 Bird of prey
- 30 Small spot
- 32 Brilliance of success
- 34 Makes level
- 37 Complete agreement
- 40 Liquid part of blood
- 41 Abominable
- 42 Large bovine ruminant
- 43 Joined by treaty
- 45 Unspoken
- 46 Rhythmic swing
- 47 Is ahead
- 48 Enhance
- 49 Runs away
- 50 Transmit



Down

- 1 Golf club
- 2 Literary ridicule
- 3 Strong emotion
- 4 Sets as a burden
- 5 Endures
- 6 Puzzling questions
- 7 Falsely stating
- 8 Competition
- 13 Serial parts

14 Colour

- 18 Shows contempt
- 19 Gave relish to
- 21 Earthen-ware maker
- 24 And so forth (abb)
- 25 Beverage
- 26 Soaked
- 31 Covering everything

33 Treat as a celebrity

- 35 Marriageable
- 36 Afflicts
- 38 No score
- 39 Lazy persons
- 41 Ship's cargo spaces
- 44 Eat into



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Your chance to have a go at dragon boat racing

The Coorong Dragons are back paddling and are calling for those seeking fun and fitness to have a go at their ever-growing sport of dragon boating. They are having a try-out session on Sunday, October 1, meeting on the beach area just south of the Goolwa Wharf. It's free – and so are the following three sessions if you are interested – and all paddles and lifejackets will be supplied. Just wear comfortable clothing, and bring a water bottle, an old pair of sneakers or reef shoes – and maybe a change of clothing for the almost mandatory coffee meeting.

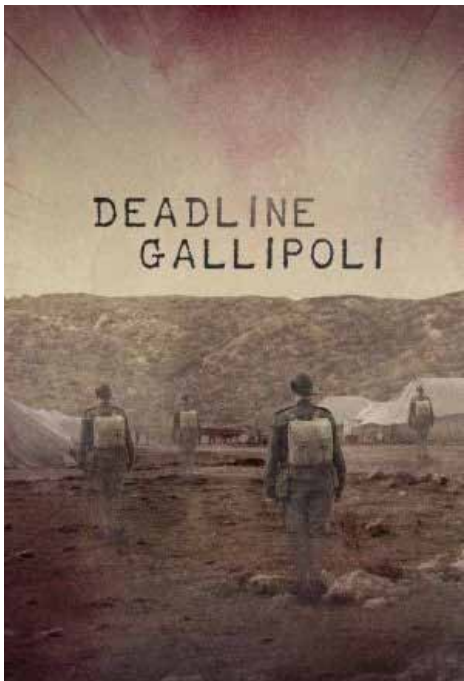
Paddlers of all ages and fitness levels are welcome. Age is no barrier as Coorong Dragons club members range from the early 20s to almost 70. Dragon boating is great for core strength and cardio fitness, and the sessions are overseen by qualified coaches and sweeps. More information: Jerry Sanders on 0429 648 609, or meet at the club's base at the Goolwa Aquatic Club, Barrage Road, on a Sunday at 9am. Like us on Facebook. @CoorongDragons www.goolwaaquaticclub.com/dragonboating



The Coorong Dragons competing at West Lakes.

Second Valley marks centenary of memorial honouring those who served

The community of Second Valley has always highly respected the reverence of its column honouring those who served us during World War I, and now a group of dedicated residents are extending this spirit of remembrance. After more than 12 months of planning the Second Valley Progress Association will mark the centenary of the inauguration of the memorial column on the weekend of September 23-24. Saturday's event from 2-4pm involves commemoration at the honour column and unveiling of an honour board at the Second Valley Hall. From 6-10pm that night there will be a special screening of the acclaimed TV mini-series *Deadline Gallipoli* (poster pictured) at the Second Valley Hall. The movie tells the story of three journalists who arrive at Gallipoli with the invading British and Allied troops in 1915, but while they may report on the war they are prevented from getting out the true story of an unfolding disaster. It is a brilliant series and captures the heroics and senselessness of war. On the Sunday from 10am-2pm there will be a display of the WW1 Soldiers' Honour Column research material and history in the Second Valley Hall.



Overall, it has been a magnificent effort by the Second Valley Progress Association. Further information: Amanda Wallis, secretary, Second Valley Progress Association: svpasecretary@yahoo.com.au

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Puzzle answers

(from P23)

Target: Average - 20, Good - 25, Excellent – 30+. chemist, CHEMISTRY, chert, cherty, chest, chesty, chime, chimes, chimera, chirp, chit, chrism, chyme, cipher, etch, ethic, heir, heist, herm, hermit, hire, hires, hysteric, itch, itches, itchy, mesh, mirth, mither, myth, mythic, retch, rhyme, rhymes, rich, richest, scythe, sech, shier, shim, shire, shirt, shy, smirch, smith, smithery, smithy, stich, techy, their, theism, them, therm, thermic, they, this, thrice, thyme, thymic, thyse, tychism.

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American Made

(MA15+) Crime, thriller starring Tom Cruise, Sarah Wright, Domhnall Gleeson, Jesse Plemons and Jayma Mays. Barry Seal, a TWA pilot, is recruited by the CIA to provide reconnaissance on the burgeoning communist threat in Central America and soon finds himself in charge of one of the biggest covert CIA operations in the history of the United States. The operation spawns the birth of the Medellin cartel and almost brings down the Reagan White House.

The Hitman's Bodyguard

(MA15+) Action, adventure movie starring Ryan Reynolds, Samuel L. Jackson, Salma Hayek. The world's top protection agent is called upon to guard the life of his mortal enemy, one of the world's most notorious hit men. The relentless bodyguard and manipulative assassin have been on the opposite end of the bullet for years and are thrown together for a wildly outrageous 24 hours. During their journey from England to the Hague, they encounter high-speed car chases, outlandish boat escapades and a merciless Eastern European dictator who is out for blood.

Maudie

(PG) Drama, romance movie starring Sally Hawkins, Ethan Hawke, Kari Matchett and

Gabrielle Rose. Canadian folk artist Maud Lewis (Sally Hawkins) falls in love with a fishmonger (Ethan Hawke) while working for him as a live-in housekeeper. Based on a true story. **Commences September 8.**

The Time of Their Lives

(M) Comedy starring Joan Collins, Pauline Collins. A former Hollywood star (Joan Collins) leaves her London retirement home with a friend to go to her ex-husband's funeral in France. On the way, the two women get romantically involved with a Frenchman. **Commences September 8.**

Wind River

(MA15+) Mystery, crime movie starring Jeremy Renner, Elizabeth Olsen, Jon Bernthal and Kelsey Chow. An FBI agent teams up with a veteran game tracker to investigate a murder that occurred on a Native American reservation. **Commences September 8.**

Victoria and Abdul

(CTC) Drama, biography starring Judi Dench, Ali Fazal, Eddie Izzard and Michael Gambon. Abdul Karim arrives from India to participate in Queen Victoria's golden jubilee. The young clerk is surprised to find favor with the queen herself. As Victoria questions the

constrictions of her long-held position, the two forge an unlikely and devoted alliance that her household and inner circle try to destroy. As their friendship deepens, the queen begins to see a changing world through new eyes, joyfully reclaiming her humanity. **Commences September 15.**

Kingsman: The Golden Circle

(CTC) Action, adventure movie starring Taron Egerton, Colin Firth, Jeff Bridges, Mark Strong, Channing Tatum, Halle Berry and Julianne Moore. With their headquarters destroyed and the world held hostage, members of Kingsman find new allies when they discover a spy organisation in the United States known as Statesman. In an adventure that tests their strength and wits, the elite secret agents from both sides of the pond band together to battle a ruthless enemy and save the day, something that's becoming a bit of a habit for Eggsy. **Commences September 22.**

The Dinner

(M) Mystery, drama starring Richard Gere, Laura Linney, Steve Coogan and Rebecca Hall. Directed by Oren Moverman. As two couples dine at an upscale restaurant, their polite discourse disguises the fact that they are struggling with weighty family issues. **Commences September 22.**

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The LEGO Ninjago Movie

(CTC) Action, adventure, animation movie starring Jackie Chan, Dave Franco, Michael Pena, Abbi Jacobson, and Justin Theroux. The battle for NINJAGO City calls to action young Master Builder Lloyd, aka the Green Ninja, along with his friends, also secret ninja warriors. Led by Master Wu (Jackie Chan), as wise-cracking as he is wise, they must defeat the evil warlord Garmadon (Justin Theroux), who also happens to be Lloyd's dad. Pitting father against son, the epic showdown tests these fierce but undisciplined modern-day ninjas as they learn to check their egos and pull together to unleash the inner power of Spinjitzu. **Commences September 23.**

Battle of the Sexes

(CTC) Sport, biography movie starring Emma Stone, Steve Carell, Sarah Silverman and Elisabeth Shue. The 1973 tennis match between Billie Jean King and Bobby Riggs became the most watched televised sports event of all time. They were on opposite sides of a binary argument, but off-court each was fighting more personal and complex battles. With her husband urging her to fight for equal pay, the private King was also struggling to come to terms with her own sexuality, while Riggs gambled his reputation in a bid to relive the glories of his past. **Commences September 29.**

The Emoji Movie

(CTC) Animation, Sci-fi movie starring T.J. Miller, Tony Leondis, James Corden. Hidden inside a smartphone, the bustling city of Textopolis is home to all emojis. Each emoji has only one facial expression, except for Gene, an exuberant emoji with multiple expressions. Determined to become "normal" like the other emojis, Gene enlists the help of his best friend Hi-5 and a notorious code breaker called Jailbreak. The three emojis discover danger that could threaten their phone's existence. **Commences September 29.**

Captain Underpants

(CTC) Action, adventure movie starring Kevin Hart, Ed Helms, Nick Kroll and Thomas Middleditch. George Beard and Harold Hutchins are two overly imaginative pranksters who spend hours in a treehouse creating comic books. When their mean principal threatens to separate them into different classes, the mischievous boys accidentally hypnotise him into thinking that he's a ridiculously enthusiastic, incredibly dimwitted superhero named Captain Underpants. **Commences September 29.**

Blade Runner 2049

(CTC) Fantasy, thriller starring Harrison Ford, Ryan Gosling, Jared Leto, Robin Wright and Dave Bautista. Directed by Denis Villeneuve. Officer K (Ryan Gosling), a new blade runner for the Los Angeles Police Department, unearths a long-buried secret that has the potential to plunge what's left of society into chaos. His discovery leads him on a quest to find Rick Deckard (Harrison Ford), a former blade runner who's been missing for 30 years. **Commences October 6.**

The Mountain Between Us

(CTC) Drama, romance starring Kate Winslet, Idris Elba, Dermot Mulroney and Beau Bridges. Stranded on a mountain after a tragic plane crash, two strangers must work together to endure the extreme elements of the remote, snow-covered terrain. Realising that help is not on the way, they embark

on a perilous journey across hundreds of miles of wilderness, pushing each other to survive and discovering their inner strength. **Commences October 13.**

The Final Portrait

(M) Drama, biography starring Armie Hammer, Geoffrey Rush, Clemence Poesy. Paris, 1964. Alberto Giacometti, the famous artist, bumps into his old friend and begs that he sits for a portrait because he has an interesting face. It'll just take a couple of days in his studio. Lord is flattered and as the days go by and weeks seemingly with no end in sight he realises his entire life has been hijacked by this erratic genius. **Commences October 20.**

Home Again

(CTC) Drama, romance starring Reese Witherspoon, Michael Sheen. Recently separated from her husband, Alice decides to start over by moving back to her hometown of Los Angeles with her two young daughters. During a night out on her 40th birthday, Alice meets three aspiring filmmakers who happen to be in need of a place to live. Alice agrees to let the guys stay in her guest house temporarily, but the arrangement ends up unfolding in unexpected ways. Alice's unlikely new family and new romance comes to a crashing halt when her ex-husband shows up, suitcase in hand. A story of love, friendship, and the families we create. **Commences October 20.**

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Healthy Snack Balls

A food processor is required for these Healthy Snack Balls. Where dates are used, we recommend Medjool dates – large, fresh (not dried) dates that have a soft texture and rich flavour. They may be found in fruit and veg shops, bulk wholefood stores or in the fresh produce section of supermarkets. The snack balls may be stored in the refrigerator in a sealed, greaseproof paper lined container for up to a week. Here's a selection - Mrs Eat Wave's favourite is listed first!

'Salted Caramel' Raw Bites

1 cup chopped Medjool dates, seeds removed (approx 12 dates)
1 cup (140g) chopped raw cashew nuts (or peanuts)
1 teaspoon vanilla extract
¼ – ½ teaspoon sea salt (or crushed sea salt flakes)

Method: Place ingredients in a food processor and process until ingredients come together and form a soft ball. Turn mixture into a bowl. Using clean hands take tablespoons of mixture and roll into balls. Makes about 10. Store covered in the refrigerator. Amount of vanilla extract and rock salt to suit taste.

covered in refrigerator. Makes about 10.

Choc Orange Bliss Balls

1 cup almond meal
1 cup desiccated coconut
3 tablespoons cocoa powder (or carob powder)
zest (grated rind) of two oranges
2 tablespoons fresh orange juice
2 tablespoons honey

Method: Add all the ingredients to a food processor bowl and process until they come together to form a smooth ball. Turn mixture into a bowl. Using clean hands take tablespoons of mixture and roll into balls. Store covered in the refrigerator. Makes about 10. Note: These balls can be made by hand, rather than a food processor.

Apple & Pecan Bliss Balls

1½ cups (100g) finely chopped dried apple slices
½ cup (60g) chopped pecan nuts
½ cup chopped Medjool dates, seeds removed (approx 6 dates)
1 tablespoon honey
1 teaspoon cinnamon
1 teaspoon nutmeg

Method: Pre-heat oven to 170°C. Line a baking tray with baking paper. Place chopped pecan nuts on prepared baking tray. Bake in oven for 5 minutes, or until lightly toasted. Remove from oven and cool on tray. Place chopped dried apple, chopped dates, honey and spices in a food processor bowl and process until mixture begins to come together. Add cooled pecan nuts and continue processing until ingredients form a ball. (Add some extra honey if too dry.) Turn mixture into a bowl. Using clean hands take tablespoons of mixture and roll into balls. Store

Peanut Butter Brownie Balls

1 cup chopped Medjool dates, seeds removed (approx 12 dates)
1 tablespoon cocoa powder (or carob powder)
2 tablespoons peanut butter
1 tablespoon honey
¾ cup chopped raw almonds
cocoa powder for dusting (optional)

Method: Place dates, cocoa powder and peanut butter in a food processor bowl. Process until dates become mushy. Add honey and raw almonds and continue processing until mixture forms a ball. Turn mixture into a bowl, and using clean hands take tablespoons of mixture and roll into balls. Store covered in the refrigerator. Makes about 10. Balls can be dusted with extra cocoa powder if desired.

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Jan's Fruit Cake

We have featured Jan White- "The Queen of Scones"- on page four because of her marvellous contribution to country shows, plus her success with cooking. Jan has so kindly given us one of her favourite recipes, a very easy fruit cake- it's absolutely scrumptious. Mrs Eat Wave has added a few ingredients for variation. Thanks Jan, and best of luck to all of the cooking entrants in the forthcoming Port Elliot Show.



Ingredients

3 cups mixed dried fruit
600ml Farmer's Union Iced Coffee
2 cups self raising flour

Method

Combine mixed dried fruit and iced coffee in a large bowl. Cover and store in refrigerator overnight. Next day pre-heat oven to 150°C. Line a 22cm round cake tin, or similar, with baking paper (if cooking in a larger tin, reduce oven temperature slightly). Add flour to dried fruit/iced coffee and using a

wooden spoon stir to combine. Pour mixture into prepared baking tin. Bake at 150°C for one hour, or until an inserted skewer comes out clean. Remove from oven and allow to cool for awhile in tin, then turn onto a wire rack to completely cool.

Note: *Chopped almonds or walnuts, chopped dried apricots, mixed spice can be added for variation. Good quality mixed dried fruit is recommended - for example Sunbeam Gourmet Selection Mixed Fruit. Three cups of mixed dried fruit is approximately 500g.*

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