

Coast Lines

November 2017

Vol. 7 #93

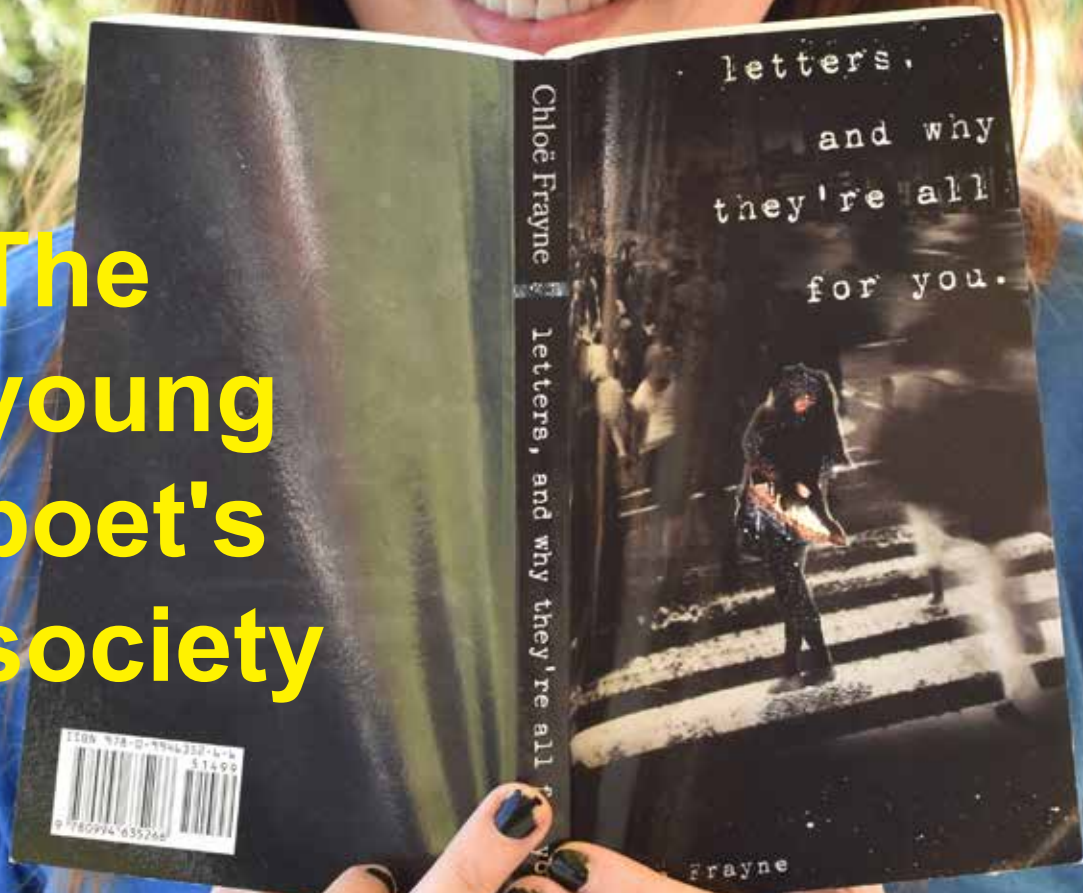
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November

November got its name from the Latin word *novem* meaning 'nine' when it was originally the ninth month of the Roman calendar – before January and February were added. November has two birthstones – citrine (colour in top of heading) and topaz (below).



11.11.11

Commonwealth countries will this month commemorate Armistice Day or Remembrance Day on the 11th hour of the 11th day of the 11th month for the 100th time. It is a remarkable testimony to the honour upon which we bestow those who have fallen in battles of war.

The Remembrance Day silence originates in Cape Town, South Africa where on May 14, 1918 Cape Town mayor Sir Harry Hands instituted a daily three-minute silence, known as the Three Minute Pause. The first minute was a time of thanksgiving for those who had returned alive from World War I, the second to remember the fallen, and then a bugler playing the *Last Post* and the *Rouse*. Sir James Percy FitzPatrick, KCMG, who as a politician defended British Imperial interests before and during the Anglo-Boer War, wrote to Lord Milner in November, 1919 describing

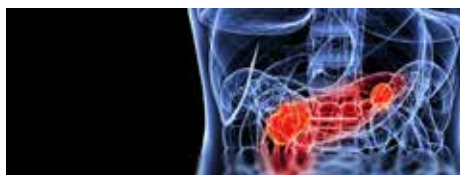
the silence that fell on the city during this daily ritual, and proposed that this became an official part of the annual service on Armistice Day. The letter was reviewed and accepted by the War Cabinet on November 5, and was immediately approved by King George V.

Hostilities formally ended "at the 11th hour of the 11th day of the 11th month", in accordance with the armistice signed by representatives of Germany and the Entente. The First World War officially ended with the signing of the Treaty of Versailles on June 28, 1919.

November 11 is also referred to as Poppy Day. Red poppies were among the first plants to spring up in the devastated battlefields of northern France and Belgium. In soldiers' folklore, the vivid red of the poppy came from the blood of their comrades soaking the ground. The sight of poppies on the battlefield at Ypres in 1915 moved Canadian Lieutenant Colonel John McCrae to write the poem *In Flanders Fields*.

Contact your local RSL sub-branch for details on Remembrance Day services on Saturday, November 11. Lest We Forget.

Special November days



International Pancreatic Cancer Awareness Month (image) www.pancreaticcanceralliance.org.au

National Lung Health Awareness Month

www.lungfoundation.com.au

National ALPHA-1 (Antitrypsin Deficiency) Awareness Month www.alpha1.org.au 10: World NET Cancer Day (Neuroendocrine tumours or NET is the umbrella term for a group of unusual, often slow-growing cancers.) www.unicornfoundation.org.au

12-18: National Perinatal Depression & Anxiety Awareness Week (PANDA). This organisation supports women, men and

families across Australia to recover from post and antenatal depression and anxiety, a serious illness that affects around 100,000 Australian families every year. www.panda.org.au

13-19: National Antibiotic Awareness Week www.nps.org.au

19-25: National Skin Cancer Action Week www.cancer.org.au

French toast day

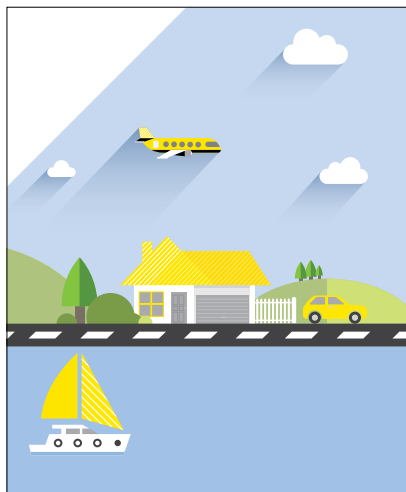


Tuesday, November 28 is French Toast Day. The breakfast favorite goes by many names depending on where it's being served up – eggy bread, German toast, poor knights' pudding, Bombay toast – but it's always made of the same key ingredients of egg, milk (or cream) and bread. This delicious sweet snack dates back to the fourth century, and is often served with sugar or syrup and fruit. In France, its name is 'pain perdu', which literally means 'lost bread', because it would often be made with stale or old bread. If you think this is another silly American day then get into the spirit of Tuesday, November 14 – Loosen-up, Lighten-up Day.

Cover

Who said the noble art of poetry is not popular anymore? It seems our young generation has embraced it, and Chloe Frayne, of Willunga, has really made a name for herself as a poet, especially overseas.

FULL STORY P4-6



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A night when Happy Owls Givahoot and Eat Meat Bowls

They've come from everywhere... the Village People, the High Rollers, Bay Bad Boys and the Woofers. They're the night owls, having a great time playing lawn bowls at the Encounter Bay Bowling Club.

And like the other 13 clubs in the Great Southern Bowling Association that play these social games on a Wednesday night, the teams come up with some great names including the Maude St butcher Colin McPherson and his partner Kat who call themselves Meat Bowls. Another team is 'Givahoot' and overall they're all 'Happy Owls'.

This form of lawn bowls under the auspices of Bowls SA has been going for more than 25 years in South Australia, and it's still going strong across the Fleurieu Peninsula. It's about having fun, and no one really does 'give a hoot' if you send one down with the wrong bias – everyone does it. The competition is an excellent introduction to lawn bowls, a chance to see if a more serious form of lawn bowls is for you.

According to GSBA secretary Jim Roberts, lawn bowls has maintained its strong following

across all competitions for some years now. The sport is also growing at a junior level with some schools having links (pun intended) to local clubs that help provide coaching.

This summer the 14 clubs will be represented by 55 pennant teams on a Saturday, and another 24 women's pennant teams on Thursdays.

If you are interested in playing lawn bowls at any level go to the Bowls SA website to contact your nearest club: www.bowlsa.com.au

Meanwhile, on a Wednesday night look out for the Moon Lighters, the Village People and the Whalers. Or is it 'Wailers' when Sideshow Bob has the wrong bias again?

Pictured 'hamming it up' like they can in night owls is the Whalers team with Jenny Tonkin under 'severe pressure' sending a bowl down watched closely by (from left) Robert Niederer, Jenny's husband Paul, and Colin Howard.



Coast Lines

We apologise for some areas receiving their copies of Coast Lines later than normal due to a family bereavement, and illness. All is well now, and thank you to those who expressed their best wishes and support.

We distribute 5200 copies to 134 places across the Fleurieu Peninsula, and we do our best to deliver them at a consistent time.

We certainly appreciate the businesses and outlets who make your magazine available to you. If you miss out on a copy you may read Coast Lines online: www.coastlines.com.au

This edition is dedicated to Jenny's father, Don Newman (b. 8.9.1930 - d. 13.10.2017).

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Poetry was once considered old fashioned, but a new generation of poets has used today's social media world to revive it in a modern form. And a world-wide market can't get enough of some great work by a local girl. It's...

Poetry fame for Chloe Frayne

Systrom and Krieger aren't known for their poetry like Burns, Wilde, Wordsworth, Tennyson and the Bard of Avon himself, Shakespeare, but they've done a lot to bring this ancient form of conversing back to life.

They launched Instagram in 2010, and it is how a one of our emerging poets Chloe Frayne has amazingly gained international fame for her brilliant collection of sensitive passages of life and moments of inspiration.

As a poet, she is huge in India and the United States of America, but relatively unknown in Australia. And Chloe lives right in our backyard, in Willunga.

Chloe, 26, is a part of a poetry revival sensation, changing from traditional rhymes to often deep and meaningful messages about real life, and much of it has happened using Instagram as a vehicle. Her second book is due to be released in the US in January, and after another whirlwind tour plans to return home and mid-next year and write a third.

Not bad for a girl who dropped out of high school mid-year and didn't complete Year 12. This success trail has been driven purely by her passion for words, and it has been in her ever since she was a little girl writing imaginary stories with her fingers on



anything she could reach.

Chloe believes that among the one or two generations before her there weren't many young poets simply because it was unfashionable.

"It has all changed since there was a big surge on Instagram a few years ago," Chloe said. "Since then a lot of my friends have written poetry. My best friend Alison (Malee), who is from New York and now living in New Jersey, is one of them and she is younger than me. It is in a sense a rebirth of poetry.

"Other great friends including Bridgett Devoue and Leya Noir are also brilliant at this and like Alison have a huge following. "People are now doing poetry in a more free-style of writing; it is very prose orientated rather than rhyming or having specific structure.

"I write about different things but mostly it's about people. I have very intense connections with everybody in my life. I am very focused on energy and I pick it up really easily – it makes me really sensitive and if I bring in too many people I feel really belonged. I like writing about the people closest to me.

"I have always been a really intense person. I started out

writing three books, but I did not pursue them because they weren't very good. That's not being critical; I was just not good at it, but I was learning.

"Eventually I channelled that energy into



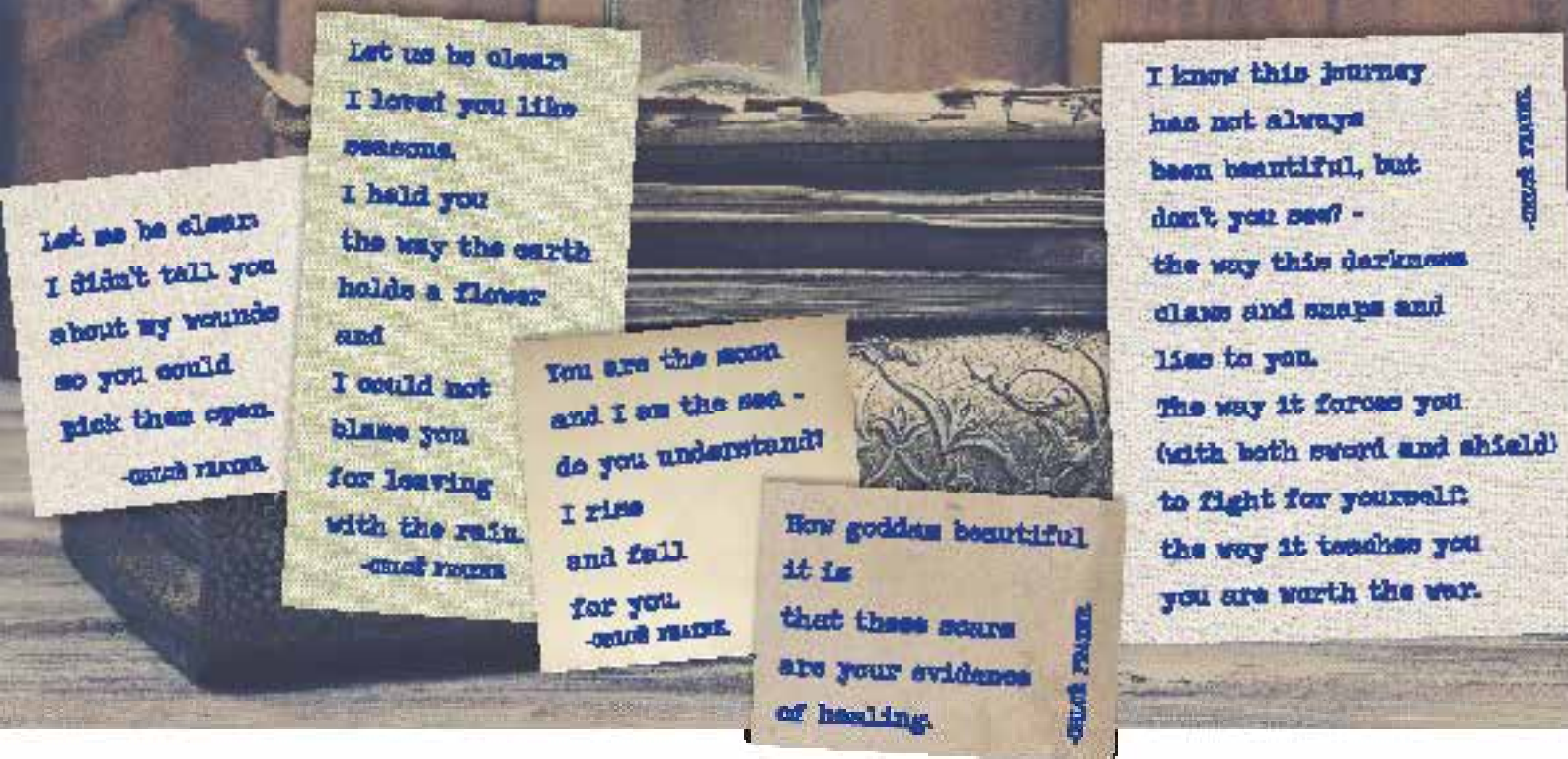
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a little poetry niche, and it has worked out really well for me. I just decided to write poetry because a few years ago I would always be writing little quotes... I realised if I could construct them well they could be poetry. Within a year I had a book out (July 4, 2016): *Letters and why they're all for you*. "I think all happened to me because I was really consistent with my posting on Instagram. I worked really hard at what I was doing; posting twice a day every single day for a full year and I built followers very carefully.

"The thing about social media is that it can take just one post and it takes off. If enough people see it you can pull in a thousand followers in a day. It can boost you very quickly provided you maintain that."


When Chloe released her book she had 1000 followers on Instagram. Now she reaches 72,000 people, and the list grows daily. There is also a store in the mid-western state of Ohio, US that sold out of her book; they cannot get enough of her work.

However, as much as this social world has created huge pathways for Chloe, introducing her to the world stage, remarkably she still lives in the past when it comes to actually presenting her work. She does it all on good old-fashioned typewriters, and then copies her work before posting online.

She boasts having seven typewriters including a classic 1920 Underwood 4. It's heavy and fragile, and Chloe only uses it for special occasions in fear of it cracking and breaking into pieces. The other typewriters range from 1980.

"I am very much into typewriters; I love buying them," Chloe said. "Every post that I have is a little bit different. It has a kid of photographic element with the typewriting. The typewriters give them that special edge; my signature.


Continued P 6



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From P5

"When people ask how I became a writer I say I was always just waiting to do it. I have always loved writing letters to people, and even as a little kid I wrote to my friends. I am a wordy person in my emotions with people. "I still write people letters. I have a quill, an ink pot and I write letters on quality paper. I am dedicated in doing this; it's like a deeper personal element of me. Any person can send a text, but it is so impersonal now.

"There are no emotions in the messages any more, but if you sit down and actually write someone a nice letter they are always excited to receive it; people just forget it is a good thing to do."

Chloe's brilliant work largely reflects her close connections with people, especially those who surround her life.

"I somehow became this weird sensitive gentle little thing, and I am just obsessed with loving people," she said. "When I was in high school a career counsellor asked me what I wanted to do in life and I said I wanted to find new ways to love people.

"I think I have found that with new ways to connect to a really wide audience through poetry, and to find people who stick with me, grow with me and make me feel happy.

"I am a genuinely sensitive person. I guess all poets are.

"But like a like a lot of dreams we chase there were times when I felt people doubted me, and I doubted myself. It happens in any journey that is seen as different to what people expect.

"If you were to grow up, get married and have kids that's a beautiful dream, but that's what people kind of expect you to do and they won't doubt you. But if you do anything that strays outside of what they expect they are always going to doubt you and they say, no, you can't do that."

Chloe has worked part-time as a bartender to help allow her to travel and make her poetry trail become real, and certainly remembers questioning her own self-belief.

"It was hard for me getting to a point where I said to myself, yes, writing poetry is going to be okay," Chloe said.

"In the beginning it was easier because there were fewer people paying attention to what I was doing. The further I went the more people knew, and then there was this step back where 10 people may say something good about my work and one person something bad. It becomes a balance thing.

"I have learned not to mind what some people say as much. The important thing is that I am happy with what I have written. I know I work hard doing what I do; always. I am critical of myself, which is good because I like to think it keeps my standard high."

Chloe's second book Into Oblivion comes out on December 14. She plans to spend three months in the US doing a book tour and staying with friends in New York, and coming back home to Willunga to regroup for a few months before writing her third book.

"I am really excited," Chloe said. "It is a big time of change in my life. I have been to four countries in Africa and 10 states over two

trips to the US in the last three years, and I love meeting those who have said they are my fans.

"Whenever a fan writes me a letter I make an effort to meet them and connect with them in a different sense. In the back of my book it says 'write back' and I put my address." Of course, she tries to write back. It is what she does; write, and quill in hand she loves every moment. ■

<https://www.instagram.com/chloefrayne/>

Get ready to jingle

He's coming back... Father Christmas is on his way with the pageants and Christmas festivities along the south coast in five weeks.

The Victor Harbor pageant, a combined effort by the Rotary clubs of both Encounter Bay and Victor Harbor, and the Carols by the Sea event, is on Saturday, December 9. If you would like to offer support or enter a float contact the co-ordinator Rob Williams: r-jwilliams@live.com.au

The Goolwa Christmas Festival, presented by Lions, Rotary and church groups, with fireworks provided by Alexandrina Council, is on Sunday, December 10 from 6.30pm. Contact: Greg Casson 0417 854 409.

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Tinnitus is the perception of sounds or noise within the ears with no external sound source. It is most often described as a buzzing, ringing, humming or whooshing noise which can be consistent or periodic. While tinnitus can be related to aging, ear infections, high blood pressure and even ear wax, it is most strongly and commonly linked to damaged sensory cells in the inner ear and is tightly associated to hearing loss. Data suggests that in excess of 18% of the population will suffer tinnitus at some stage. At its worst tinnitus is recognised as a major affliction and is considered a potential sign that there is a fault in the hearing system, usually a hearing loss. While some lifestyle changes can help to reduce tinnitus (eg, limit caffeine, lower stress levels) there is no known cure. However, at My Hearing we have demonstrated that good quality hearing aids with the specifically designed tinnitus management program (ZEN) incorporated within the sophisticated technology can reduce, and in some cases, even eliminate tinnitus. The results are overwhelmingly positive. If you suffer from tinnitus, My Hearing are here to help you. We have intensive training on the ZEN management system which will ensure that you have the best chance possible to enjoy silence once again.

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"Local, Independent, Experienced"

November 19-25 is National Skin Cancer Action Week, but unfortunately many people will still go out into the sun without a hat and sunscreen, simple measures to help protect us against this killer. Now make a decision: be ignorant and dismiss the warnings, or read this story on how to best give yourself a chance of protection against skin cancer? Please read on...

Wake up, sunshine

It is disturbing that 2000 Australians die each year from skin cancer – 700 more than our national road toll, yet most people choose to remain oblivious to the danger.

A Cancer Cancer Australia report also reveals approximately two in three Australians will be diagnosed with skin cancer by the time they are 70, and each year more than 750,000 are treated for one or more non-melanoma skin cancers nationally.

Even more disturbing is that many readers will have turned the page after reading the first two paragraphs because they believe “it won’t affect me”. According to Dr Stephen Brooks, no one is immune, and he is pleading with everyone to reduce their risk by simple measures.

The call comes as we acknowledge National Skin Cancer Action Week from November 19-25.

General practitioners Dr Brooks (pictured) and Dr Van der Wielen are accredited doctors at the Skin Cancer College of Australia, and are behind Skintech Medical and Skin Clinic, in Victor Harbor.

Dr Brooks said that in the past we were not as aware of the dangers of exposure to ultraviolet (UV) light – both natural and artificial – as we are today.

“Now we know there is no such thing as a healthy tan and more than 95 per cent of skin cancers are caused by exposure to the sun.

“Not surprisingly, outdoor workers including farmers, forestry workers and builders, who have spent their working life in the sun – often without adequate protection – are



well represented among those needing treatment.”

Dr Brooks rates the prevalence of skin cancer an epidemic, and with the arrival of retirement years of the ‘baby boomers’, who enjoyed their halcyon days soaking up the sun, it’s only really starting.

“If we are not careful when we are young it will come back to haunt us when we are older,” Dr Brooks said. “The good news is that if skin cancers are identified early they can usually be cured. But if ignored, the consequences can include disfigurement, or in some cases death.”

By engaging with the local community and

prompting a greater awareness of the causes and early signs, Dr Brooks hopes that the increasing incidence of skin cancer may one day be reversed. He said sometimes people saw him to have a single mole or lesion checked only to find that another lesion, lump or mole they hadn’t considered was of much greater concern.

The Skin Cancer College Australasia promotes a simple, but effective mantra: SCAN Your Skin, the acronym meaning look for a spot or mole that is:

Continued P8

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From P7

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www.skintechmedical.com.au
www.scanyourskin.org

10 golden rules to help beat skin cancer

1. Wear a hat, protective clothing and sunglasses
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3. Stay out of the sun during its peak period 11am-3pm
4. Don't completely avoid the sun as it is essential to good health
5. Participate in some form of regular skin screening
6. Report promptly newly developing or changing lesions
7. Be certain your skin cancer is correctly diagnosed before it is treated
8. Ensure that you understand all treatment options for your skin cancer
9. Don't be swayed by miracle cures or by treatment that seems to easy
10. Skin cancer is curable if detected and treated early. ■

Victor Harbor Golf Club wins top award

The Victor Harbor Golf featured well in the 2017 South Australian Golf Industry Awards night at a gala dinner in Adelaide on Saturday night.

It received the 2017 Ladbrokes Legends Tour Pro-Am of the Year Award for running the overall best event on the state senior circuit in May, as judged by the professional golfers. The award follows the success in the SA Golf Industry Awards last year when head groundsman Michael Bohnsack won the SA Golf Course Superintendents Association Award for Excellence in Turf Management. South Australian PGA member development officer and tournament coordinator Darren Baynes said the organisational skills and the condition of the Victor Harbor course for the pro-am were outstanding, earning the praise of every player.

The success of the event was due to exemplary work by staff and support by numerous volunteers at the club. The effort by our general manager Daniel Loveridge, the organisation by members Phil Tierney and Linda Hodgson, and our ground staff who had the course in first-class condition was outstanding.

This was the first time the club had hosted a SA PGA pro-am of any kind for some years, and to earn the right it needed to demonstrate its ability to successfully run an event, and importantly raise enough sponsorship to provide the \$11,000 prizemoney.

The generosity of the major sponsor, Judy Hyde, was a typical example of her outstanding contribution to golf overall in this state. The support of other sponsors was



also greatly appreciated.

The success of the Legends Tour Pro-Am and the award encouraged the VHGC to commit hosting the event again next year, on Wednesday, May 9.

This year's pro-am brought more than 200 people to Victor Harbor, some for the first time, which was important from a tourism point of view.

The VHGC is in the process of making numerous changes to improve its course and facilities, including installing new tee signs.

Pictured (from left): Victor Harbor Golf Club manager Daniel Loveridge, Legends Pro-Am major sponsor and outstanding club member Judy Hyde, and VHGC president Ashley Porter.

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Aim low, shoot high

South Australia was for years a leader in basketball as a sport throughout Australia, forming the first state association in 1936 in our centenary year of proclamation, hence the naming of the Adelaide 36ers in today's national league. We can boast the first indoor stadium was at Forestville.

Later we had Werner Linde, rated by many as the purest shooter in Australian basketball history, and legends Phil Smyth and Jan Stirling inspiring little kids to play basketball in the 1970-80s. The

sport was huge right across the state.

Fans packed local grand finals played in big tin sheds, and each year thousands converged for the country carnivals in places like Bowden Stadium. The sport was humming alright, but so often things change, and compared with those halcyon days basketball at local level has suffered a huge decline in popularity.

However, against the trend for some time now our Great Southern Amateur Basketball

Association, the home of its representative sides, the Slammers, has flourished.

In fact, the GSABA's ability to be one of only three of 28 country associations to actually grow incredibly strong through this widespread decline in a Play Station world is a lesson for some other sports.

From a humble beginning on mid-week mornings in 1975 when ladies from churches formed four teams and played in the old Port Elliot Showgrounds hall, our local basketball has

gone through its own lean times, but by looking outside of the zone it emerged much healthier a long time ago.

It's not about money, or placing success ahead of overall participation and enjoyment. And when you have 950 registered players representing 126 teams across five clubs in stadia in Victor Harbor and Goolwa nowadays, we need to sit up and listen.

Continued P10

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Simon says 'time-out' after 34 years

After playing more than 1200 games over the past 34 years Simon Kluske is hanging up his basketball boots.

It's time-out in more ways than one, but he's already back in the game – as coach of three teams for his Wildcat Celtics in the Great Southern Amateur Basketball Association.

Simon, 47, played two years in Murray Bridge, and the rest here – also for Lakers and Pistons.

"I will miss playing basketball, oh yeah, but not the soreness," he said. "Two days after a game last season I was really feeling 47."

"My time is up, so I will stick to coaching the club under-14 and 16s, and the Div. 1 women."

"It's hard to get out of basketball completely. Last year I was coaching and playing four nights a week; it's just the game that draws me in."

"Basketball is strong here. It is a very well run association with hard-working people, and over



the years the divisions have been reasonably even as well, which makes great competition for everyone.

"I just love then game, it's a cracker, but it will be good to spend an extra home at night."

And no one will be more pleased than his dog Billy the 'Bluey', which now appears to have taken over as the best dribbler in the household. Well done Simon.

From P9

Behind this success, alongside association and club committees, is GSABA business administrator Dennis Earl. He receives a token fee for his role, but he's been worth every cent for turning everything upside down – literally.

There has always been this belief in sport that your best coaches coach your best teams and players. After Dennis took on his role in 2003 the approach was to have the best coaches going to the bottom – coaching the under 10s and 12s to give them the proper grounding so when they reached the highest level they were easier to coach.

"I just think that our ability to run a successful competition relates to each of the clubs having been able to put their best coaches in the lower grades," Dennis said. "They perform well. They develop the techniques and basic skills very early. Their footwork is always good, which is so important in basketball."

"Having their better coaches down in the lower grades rather than up higher has over the years helped to raise the overall standards. We are just really motivated."

"All of our association teams in the summer play above their age level – the under 10s are in the under 12s and so on. They get used to playing alongside each other; the coaches get time to develop the game plans. Every

club supports that.

"When I first came down here we weren't that strong at SA Country Basketball Association level, but because the clubs turned the focus to developing players from a junior level we have finished in the top five every year. We won the men's senior title in 2013 for the first time, and we won it again the next year."

When you enter the recreation centre off George Main Road, Victor Harbor, there is a sign highlighting that everyone makes mistakes – coaches, players and umpires. It's an obvious thing really, but when a player touches only the ball going for a rebound and gets pinged for a foul the message is often forgotten.

The association, especially through its president Rod Walker and secretary Fiona Haynes and other committee members, has worked well with Mike Richards, the referee development coordinator, to maintain a positive approach to controlling games. Overall, the local competition has moved forward because of this mutual respect.

"We have a umpires panel," Dennis said. "It means we have people who want to umpire and so the quality of the umpiring is better. And because of good umpiring the standard of the games improves with it."

Having an excellent junior program has seen some of the better players move to the

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“The main thing for me is that the kids not only learn how to play basketball in a healthy and safe environment, they develop life skills which helps them become impressive young people.”

– Dennis Earl, Great Southern Amateur Basketball Association business administrator

bigger district clubs in the city. No one minds though; it's part of their creed to encourage players of all ages to be the best they can. Since 2013 there have been 12 players selected to represent national teams – Matthew Stock, Daniel Stock Brooke Basham, Hannah Stewart, Oscar Bloomfield, Tom Cleggett, Ashlyn Menz, Max Scott, Shanika-Anne Barr, Taylah Levy, Lewis Ridley and Caitlin Rose. This speaks volumes for local basketball.

Also setting the GSANA apart is that it is the only country basketball association to establish a competition for people with special needs. It's not a token thing; the effort by Gus Telfer to provide healthy recreation and sport for people who simply love the game and just happen to have a mental and/or physical disability has been remarkable. Again, it's about the sport being bigger than anything.

Dennis came from a strong basketball background in Mount Baker, where regrettably the sport has declined considerably over the years. He genuinely loves basketball; his rewards include watching nine-year-olds enjoying themselves and in time being the best they can with some aiming incredibly high.

“I like the contest that basketball offers,” Dennis said. “I like the involvement of the kids. They keep you young; they also give you a new perspective in life. You learn from them, and through basketball they learn values. The main thing for me is that the kids not only learn how to play basketball in a healthy and safe

environment, they develop life skills which helps them become impressive young people.”

Local basketball has also brought Dennis enormous frustration relating to building a new stadium in Victor Harbor. With almost 1000 people playing the game every week, the sport has long out-grown its current tired centre. It can barely cope with the number of games scheduled. There have been serious discussions between council and other sporting groups since 2010, especially in recent years about redeveloping the Encounter Bay Oval precinct, but they have remained as just that – talks. Dennis will believe it when it happens. “It's been long haul,” he laments.

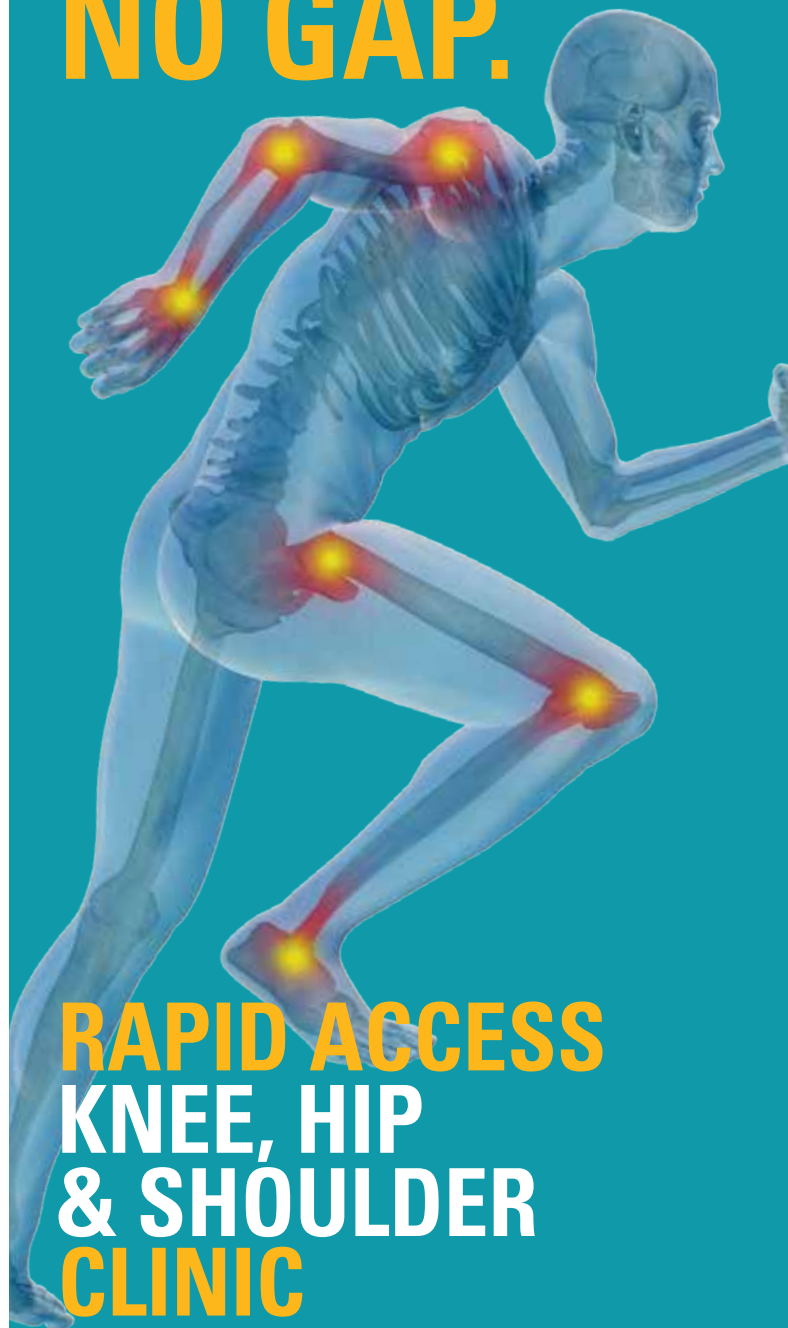
The new summer season started on October 9 and everyone is out to bring the Pistons, our new men's top division titleholders, down to earth. In the women's competition the Wildcats are out to win it again, while the Saints will go through the season thinking they surely wouldn't lose their sixth grand final in seven seasons. They wouldn't, would they?

And come the season after that the powers-to-be will no doubt still be talking about a new stadium. The GSABA deserves one.

That's basketball. Get past the dribble and for hundreds of our young members of the community a marvellous sporting life is in their court. ■

If you are interested in playing basketball the club contacts are on the website: www.greatsouthernbasketball.net.au

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Supporting the Fleurieu Community

Future leaders of the Fleurieu



They came from across the Fleurieu Peninsula region and their focus in their working life varied considerably. Some were from the wine industry, others were in tourism or worked in agriculture. There was a cheesemaker and an author.

All from different sectors, but keen to achieve a common goal – becoming a leader in our community.

It was a Fleurieu Future Leaders Program, a call for younger people to step up to the proverbial plate across sectors whether it be government at all levels, business, community groups or sport. These days it is extremely rare hearing a club say they have no trouble filling positions on a committee.

Charles Manning, who runs a management consultancy specialising in organisational development and change, is behind this Future Leaders Program, with his wife Janice, and the Bendigo Bank consortium that encompasses the Aldinga, Goolwa, Victor Harbor and Willunga community banks as the major sponsor.

Among the guest speakers at this Victor Harbor conference were actor Erik Thomson, from the highly-rated 800 Words and Packed to the Rafters television shows, and Kym McHugh, chair of the Goolwa & District Community Bendigo Bank.

The focus was on a need for communities to draw from the advantages of collaboration – learning and working together – and while Erik related current challenges of film crews working on the same project involving Australian and New Zealand film companies, Kym offered a valuable insight as to how the Fleurieu Bendigo Bank collaboration has delivered significant benefits for customers. Charles is also deputy chair of the Aldinga

Guests at the Fleurieu Future Leaders Program seminar with (from front left) Kym McHugh representing the Bendigo Bank collaboration, and Charles and Janice Manning.

“

People suggest the young ones aren't replacing the volunteers in club positions, but perhaps it is the role of others to encourage the younger generation and show them the way to take over.”

– Goolwa & District Community Bendigo Bank chairman Kym McHugh

Community Bendigo Bank, and recognised the general need for the bank to have its own succession plan and create an ability to progress through change.

“My interest in this challenge started eight years ago when I was invited to set up Barossa Future Leaders Program,” Charles said. “With the Maggie Beers of the world and the Barons of the Barossa, a group in their 70s, they played a strong role in driving the Barossa, but soon realised they had not developed the next wave of leaders in local government, community groups and across the private sector.

“The program achieved positive results, and when I moved to McLaren Flat five years ago I thought why not do the same down here? We want to get young people to think about what their Fleurieu should be like in the future.

“At the moment we have groups doing their own thing in tourism, the wine sector, hospitality, state government and local councils. Each one has achieved many good things, but if they talked and learned amongst each other the region as a whole can become great.

“The Bendigo Bank collaboration across the Fleurieu needs future leaders at a collaborative level. We need secretaries and

presidents and treasurers of the local cricket, tennis and surf clubs and so on.

“We designed this program – we do it for free with support from the Bendigo Bank. We see ourselves as a mechanic that does preventative maintenance on teams. We do leadership development, and we go in and facilitate workshops and seminars for teams aiming to clarify their vision, purpose and goals.”

Kym said the Bendigo Bank collaboration was keen to work with key people to help to encourage and develop future leaders.

“Leadership moving into the future is important for our community, and obviously we are proud to be a part of the community,” Kym said.

“Every group needs to have a succession plan, and we need to look at new board members and so on. I see our future leaders important all the way through the community from our politicians to the community up. We know how nice and great the Fleurieu Peninsula is, but to value-add what is here naturally we need a combined effort, and that takes leadership.

“This is not just about business, but the whole community – sporting groups especially. People suggest the young ones aren't replacing the volunteers in club positions, but perhaps it is the role of others to encourage the younger generation and show them the way to take over.”

Charles said a common element within the Barossa Valley scenario was that groups had not worked out how to help people make the step of becoming a leader.

“The world changes rapidly and so many young people have other distractions,” he said. “It's about getting the message through that the more people volunteer the less we have to do. It applies in leadership, and we need leaders to create the succession plans. We need to help people develop skills, and to do that we need to create networks of leaders.” ■

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Just a thought...

When the past comes knocking, don't answer. It has nothing new to tell you.

Friday, December 1



Until 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.

Sunday, November 5

One of the great fun events is on again – the annual Smoke Off at the Garden of Honour lawns by the Goolwa RSL Sub Branch on Sunday, November 5. It's about teams of the best Weber cookers across the nation (maybe just the south coast) coming up with their own secret recipes and smoking some delicious ham. There are some fantastic

prizes to be won, and you have the chance to follow your nose and see all the innovative ways to present their culinary delights. The cooks start preparing at 11am, and while the hams are cooking enjoy the music by the Mac Tones and taste some great food and sensational Langhorne Creek wines or a cold beer from the RSL club.

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

Sunday, November 12

Calling all ducks, calling all ducks... the Rotary Club of Strathalbyn is having its annual Great South Australian Duck Race in the Soldiers Memorial Park. The fun starts at 10am stalls, food and fun for all the family. Moby Duck will keep a watch over all the ducklings whilst Cluck a Duck will be waddling around at the park. The Great Duck involves 2500 numbered ducks being helped down the river by a huge wind machine. First prize is \$1000, second \$300 and third \$200. Last is a box of quackers.

Tuesday, November 14

It's World Diabetes Day so have a delicious, healthy pancake at Carrickalinga Senior Centre House, 17-19 Torrens Rd, Victor Harbor presented by the Lions Club of Victor Harbor and Port Elliot. Cost \$5. Contact William: 0425 605 969. Raffles & prizes.

November 17-19

They're revvin' their cars again for the tenth annual Shannons Yankalilla Cruise.



The festival starts on the Friday night with live music by *The Shakers* at the Yankalilla Hotel. The Saturday is a sneak peak of the vehicles from 1-5pm, entertainment by DJ Jess and a mini-cruise along the Carrickalinga Coastline late afternoon. Sunday is the big day with cars departing Castle Plaza at 10am, while activities start at Yankalilla Memorial Park Oval. Vehicles will travel along South Rd, via the Southern Expressway and on to Yankalilla. Entertainment includes live music by *Raunchy Sugar*, dancing, helicopter rides, and free bouncy castle for kids.

December 2-3

The Willunga Uniting Church will host its 16th annual Christmas Tree Festival, showcasing more than 50 Christmas trees, music and childrens' activities. The community event, sponsored by Onkaparinga Council and Laucke Flours, will feature stalls including Christmas gifts and home baked goods. Bus tours and school groups by appointment from December 4-7. To enter a decorated Christmas tree contact the organisers on 85562758 or 85562650. <https://www.facebook.com/WillungaChristmasTreeFestival>



Sunday, November 5

Aldinga Arts Eco Village, one of the first and largest settlements of its kind in Australia, will host its Open Day at 173 Port Rd, Aldinga, just outside the old Aldinga township from 10am-4pm. Nestled alongside the Willunga Creek basin, the village is home to a community of more than 300 people living in low-energy homes amongst shared orchards and gardens, combining environmental sensitivity and artistic creativity. Open Day visitors can join walks, talks and tours of some of the energy-efficient houses, permaculture gardens and artist studios. Morning & afternoon tea and lunch available, and visitors will be entertained by roving performers. Admission: adults \$15, children \$5, littlies free; family/concessions available.

Until November 19

Drawing on Country at the South Coast Regional Art Centre, Goolwa draws a growing number of participants each year as the much loved community event goes on show in an exhibition of the works resulting from the plein-air community day. Free event. Gallery hours: Wed to Fri 11am-4pm, Sat-Sun 10am-4pm. Opening event Friday, October 20 at 5.30pm.

Friday, November 24

At the Wharf presented by Cittaslow on the deck and lawns of Signal Point from 5pm-8pm. This event sees the return of the Damushi Ensemble, a high-energy seven piece international band who were the hit of this year's Adelaide Fringe and the Cittaslow 10th Anniversary in March. As usual, local wine will be on sale and local food vans will be on site to tempt the crowd with delicious morsels. Bring a chair and table, maybe a platter or a picnic, and your dancing shoes for a fun event. No BYO alcohol.

Markets



** 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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Bringing Kenny Blake back home

Every June 9 for the past 36 years a group of motorcycle freaks have met for lunch at the New Boundary Hotel in Hoddle St, East Melbourne and celebrated the life of Kenny Blake, who died on this day in 1981.

Surely it is one of the most amazing and continuous tributes to a mate ever known. They come from afar to cheer this bloke, a motorcycling legend who won 11 Australian motorcycling titles. Some say he would have been at least the equal to Australia's more recent champions Wayne Gardner, Mick Doohan and Casey Stoner had he not been forced to race on a shoe-string budget.

Kenny declared that one of the world's most famous motorcycling races, the Isle of Man 500cc TT, on June 9, 1981, would be his last. Fuel problems at the start forced him into last position on the grid. Come the last lap he had passed 103 riders and had the leaders in sight when his bike aquaplaned on a wet patch at Ballagarey, sliding into a concrete post and killing him instantly. He was just 32. There is the Ken Blake Foundation, which provides a grant for promising riders, and it's based in Melbourne. When it comes to motorcycling seemingly everything is in Melbourne. When aged 25, it was where Kenny, as he was affectionately known, followed his dream.

But Kenny was born in Strathalbyn, and a delightful lady, Marylou Nees, who runs Garage Motorcycles – one of the coolest shops imaginable in Sunter Street – wants everyone to remember where he came from. She never met the great man, yet she is organising the inaugural Strathalbyn Motorcycling Festival from October 26-28.

"It's all about bringing Kenny Blake back home," Marylou said. And the 27th will have been his 73rd birthday so expect the Hoddle



St crew to come over and celebrate that also. The major highlight of the festival will be the unveiling of a statue of Kenny created by renowned Goolwa artist James Stewart.

Yet, for all of her passion and determination as the sole person behind this festival, the one who came up with the idea, it's not about Marylou, a mother of four, or her fabulous shop that attracts motorcycle diehards from around Australia. It's about Kenny Blake and Strathalbyn.

There is a legion of bike boomers out there who enjoy casually riding their pride and joy across the plains, and they all remember

Kenny. Their kids have only heard the stories about the legend, like the day in '73 in the Castrol 6-hour production bike race at Amaroo Park. A very tight and twisty 1.9km circuit, it was a two-rider share race, but Kenny rode the entire 342 laps alone and won, rated nationally as one of the all-time greatest riding performances.

Now possibly 10,000 or more of these now 'not-so-easy riders' are all headed from all over Australia for this three-day event in Strathalbyn; the benefit for the town, and the wider region, is huge.

Continued 18

From P17

There is a \$100 dinner ticket for 100 people on the eve at the magnificently reconstructed Strathalbyn Oval complex, and over the weekend Kenny memorabilia displays in the town council chambers including two of his bikes, a trade show for the public on the oval and manufacturer 'demo' rides on Ashbourne Rd, a KB Memorial Trail through the town, a huge show 'n shine featuring hundreds of motorbikes from Kenny's era from 1960s-mid-80s, and a trash-and-treasure with bike parts at the local trotting track.

Tony Potter from SA Plaster Board has already chipped in with \$15,000 major sponsorship, and plenty of others are getting on board. Overall, it's an incredible start by Marylou, and she thanks her husband David for his support, and that of a committee currently being formed.

This 'bringing Kenny Blake back home' festival all started when a chap approached Marylou in the lead-up to the local council elections in October, 2014. "Hello, I'm Keith Parkes, and I'm running for mayor," he told her.

"I thought, oh hell, a bloke wanting a vote, blah, blah," Marylou said. "He asked me what I would like to see happen in Strathalbyn to help my business.

"I told him I'd like to see a lot; that it was sad I had done a lot of motorbike riding and seen beautiful places around the world but here in South Australia we had so much more to offer but we didn't present the attraction to the tourists.

"South Australia has mainly excellent roads, this beautiful flora and fauna, and lovely seasons. We're not plagued like they are in Europe where you can't ride up to the mountains because of snow.

"I told Keith I wanted a festival to bring people to Strathalbyn and the region. He said, right, I like your idea... go back and do a plan and I will be back in 30 days.

"On the 30th day he came back and asked, where's the plan? I said you must be kidding; I thought you were joking.

"I jumped on my motorbike and I was riding



into a head wind when the idea came – Kenny Blake was born in our town. This was his watering hole. Victoria had always claimed him as theirs, so I thought, let's bring Kenny Blake back home.

"Victoria is motor cycling Australia. Everything motorbikes is Melbourne. I just went to the Kenny Blake Foundation in 2016 and said, hey, I've got this idea. He was born in Strath and we want to do something for him before you guys fall off the perch. They said, oh... oh okay.

"I went to Kenny's original motorcycling club, the Phoenix club, and I said I'm not treading on your toes, but put it this way, I have done this ground work. I just want to know whether you want to be involved. If you don't don't worry about it we're doing it anyway. So here we all are."

Behind all of Marylou's passion for this festival and her town, her determination to have a statue of Kenny Blake, there is the challenge of getting over the seemingly obvious – a perception in some people's minds that motorcycling is merely about Harleys and trouble.

This festival is for families and especially the average person who loves to ride a motorcycle. And no one enjoys it more than Marylou; her journey has always taken her on different paths, from Perth as an interior designer. Somehow she fell in love with motorcycles and was part of the first group that provided compulsory learn-to-ride training.

Marylou also travelled to the APY Lands and

along the famous Rabbit Proof Fence Line on the West Australian border line to teach Aboriginal ladies in their 60s how to ride a motorbike. She has been on a road safety committee for years, and took on her shop 12 years ago.

"Oh yes, I love motorcycles," Marylou said. "It's the pleasure of riding. You are the one with the environment. It's you with the environment and the smell of the bike.

"I like going to different countries, and if you travel through a country, whether it be China, Europe, Vietnam or Albania the roads you are taking are the second or third roads; you're travelling in the real country. You are seeing poverty, turmoil. You are escaping to places no one else sees.

"It makes you feel alive. You feel minimalist; you are not carrying a hair dryer, or make-up – you you are you on your motorbike.

"There are so many beautiful little roads that you can find right here in South Australia, like the Barossa and the Adelaide Hills, and now I want everyone, especially foreigners, to discover our roads to Strathalbyn.

"We've got more to offer than other places right here; we've got great food, great wines and we are not in the high market; we're affordable.

"Now I am telling Keith Parkes (who was elected mayor) that I want to see every-day people come to this beautiful town. I want them to see the statue of Kenny Blake and leave knowing where he came from and who he really was – a little kid who lived in Rowe Street, Strathalbyn and became a legend." ■



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Our hope to finding solutions to a mess

The nonsense surrounding the environmental policies – or lack of them – by US President Donald Trump offers its amusement – anger, actually – but it seems today's students are going to be far better equipped to judge for themselves.

Investigator College has already prepared for significant extension to our national STEM subjects, an acronym for science, technology, engineering and mathematics, which prompts a need for students to identify a problem and create possible solutions.

These enquiry-based approaches will from next year be extended through biology, and Jason Greenslade, who teaches both chemistry and biology at the Victor Harbor campus believes it is a significant and positive move in our national educational approach.

"Overall, there is a push for STEM subjects in general science because the country knows that's where most of the future jobs are going to be," Jason said. "That's where the innovation will probably come from because there is a greater image formed about what we are doing to the planet.

"Whether we believe the crazies who are in charge of America or not; there is some sort of feeling going on, a responsibility to actually know how they are going to have to fix the problems.

"The SACE board has written a large amount of new biology techniques into the course because they realise that our current course is a bit out-dated. What they have done going forward is include some very cutting bio-tech material because they know this is done in the laboratory, something the students are going to have to do if they work in one."

Chemistry is a subject that has traditionally not been seen as exciting by students and has not changed much in quite some time –



probably not since Marie Skłodowska Curie became the first woman to win the Nobel Prize for her pioneering work on radioactivity – but the more intense environmental approach has seen a surge.

"As a chemistry and biology teacher it is exciting," Jason said. "The college has experienced increased numbers in recent years in chemistry, biology and physics; the students want to learn as much as they can

about what is happening to our world.

"The Australian curriculum Y12 courses are starting from next year so we have had some structural rearrangement already. Next year there is a greater focus on the environment – atmospheric chemistry to do with the greenhouse effect, the burning fossil fuels, and acid rain. These things have traditionally been there, but have not had great focus.

"Even if students do not use this work in their career path directly they will have the benefit of being informed. When they hear some of these debates on the news they can have a discussion or debate that includes some science. They can make decisions as voters, how they are going to respond to things like the recent energy plans releases."

Pictured: Jason Greenslade's Y11 class and part of an experiment doing a section on a type of reaction to reduction. (And don't do this at home).



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An area school that's all show

Johnny Rocket would have loved this story. He was the star of the Mount Compass Area School, an Adelaide Royal Show favourite this year winning a prize for the manner in which he strutted around the ring.

However, it didn't do this strapping Angus beef specimen much good; the reality of life saw him finish on a plate.

Johnny was special because he was bred by students – the first breeding program of its kind in South Australia, which a few months ago gained attention of 60 agricultural teachers from around the state who visited and were overall surprised by the extent of the program.

It will be 50 years in 2018 that small schools across the region combined to form Mount Compass Area, and while there has generally been a focus on agriculture here since 1899 no one could have imagined the success of the current program.

Experts were called in to do the artificial insemination, but the school is now also offering a VET course leading to the specialised area relating to placing embryos into the cows.

"It is modern farming," according to Ag teacher Kiara Edwards, who runs the school farm with a committee. The 80 hectare property is shaped around a swamp that was gifted to the school in the 1990s, and is home



to some amazing wildlife – and available to the public.

"Much credit for the program must go to Neil Heath and past ag teacher Greg Mitchell, plus a host of dairy farmers who got a trial going. They did a huge amount of work 2000-10.

"It has invoked buying stud cows, selling some to studs, and selling the meat. It is a money injection for the school, which is important to make this program financially viable.

"We mostly run cows. Year 10-12 students train them... how to walk and present them for the shows, and learn all about muscle quality.

"We offer a Cert 2 & 3 TAFE course. The students learn how to operate tractors, ride quad bikes, do fencing and even castration.

"They are taking ownership of the program. The Y10s have chosen a bull as part of the AI breeding program... doing embryos is expensive, but we hope to gain that money back in the genetics when we sell the actual cow.

"The kids drive this; they are so involved and passionate about this program. They learn

paddock-to-plate – sure it's confronting, but it is important for the students to know that."

Deputy principal Leila Kasprzak said the 450 students at Mount Compass Area from Reception-Y12 all get involved in various forms of farm studies.

"Ag is really applied science, and we expose the students to agriculture because we believe that is where most jobs will be in the future," Leila said. "It is a trade pathway, and the wonderful thing is that all of the students throughout the school work well together on this project.

"We have been so grateful for the support of parents and local businesses, and to actually breed Johnny Rocket and share the excitement of his win at the Royal Adelaide Show was a great achievement shared by so many, especially the students."

Mount Compass Area also has been home to chickens, goats – even a buffalo at one stage – piglets and sheep, but none shone more at the show than Johnny Rocket. ■

Pictured are Mount Compass Area School students Seb Johnston from Y8 and Kelsey Mathew, Y6.

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Healthy garden - and body

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One great way we can achieve a healthy diet and active lifestyle is gardening! Not only is it physically healthy, but it is a mental release too. So, roll up your sleeves, and dig in to your own little patch of heaven.

Hopefully you've taken the time earlier in the year to prepare your soil for the season ahead, but, if not there's still a glimmer of hope. We're on the cusp of summer – you can still give your garden a bit of a head start with watering, weeding, mulching, conditioning, etc. Now is a good time to start getting some veggies in the ground, so they can be ripe and ready for eating in the months to come. Below are some of the herbs, veggies and flowers you can plant now ready for those summer salads and relaxing evenings in the garden. Call in and see the DSM team if you need further advice.



Emily

VEGGIES

capsicums
chillies
cucumbers
squash
tomatoes
sweet corn
eggplant
lettuce
zucchini
rocket

HERBS

basil
-sweet & purple
parsley
sage
lemongrass
oregano
rue
marjoram
mint -plant in pot
or it will take over

FLOWERS

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dianthus
gerbera
verbena
snapdragons
petunia
marigolds
phlox
celosia

Security Matters

with Peter Schirmer



Road vehicle security

There are always so many areas to consider when it comes to security. As we move ever closer to the silly season I thought it might be a good time to talk about road vehicle security.

Over the past decade we again have seen an increase in vehicles being targeted. Most are parked in the driveway of the family home. We are mostly creatures of habit which isn't the best way to move forward when it comes to security unless it's a proactive approach to minimising exposure to theft.

Trade vehicles can have a huge impact on work if the company vehicle is stolen or targeted for theft of tools and machinery.

Immobilisers are a great start along with high end quality locks on all tool boxes including any items of value left in plain sight. Ensure the vehicle is locked and all windows are closed.

If the vehicle can be off the street with limited access or view, even better. No tools, no work. All expenditure is tax deductible and should be a daily habit to ensure everything is securely locked at the end of each day. We have even seen trade vehicles targeted when on job sites during the day.

Nowadays, we see a lot of damage done to cars at shopping centres. Don't leave valuables

in plain sight on seats, front or back. Out of sight out of mind.

If for any reason you have to get out of your vehicle once you have started it, turn the engine off and remove the keys from the ignition. Ensure handbags, mobile phones, laptops and valuables are behind locked doors once in the car.

Notes left on the rear window can be a trap... you get out and someone jumps in now they have your car and everything in it. So be aware of your surroundings and if you are approached once in your vehicle don't whined the window all the way down to talk to a stranger.

Ensure the doors are locked when you are travelling, stopping at intersections, shops or in unfamiliar areas.

It's all about personal safety of you, your family and the assets within. This can also be said about trade vehicles. I had a guy one day trying to remove my ladder off the roof racks and on a security vehicle; unbelievable. Also a timely reminder to check the insurance cover of the vehicle including all its contents is covered under the policy.

Ounce of prevention equals a pound of cure. Police have also been targeting trailers, tyres, D-Shackles are rated correctly and compliant and registered along with loads being securely covered and tied down. Have a great month.

Peter



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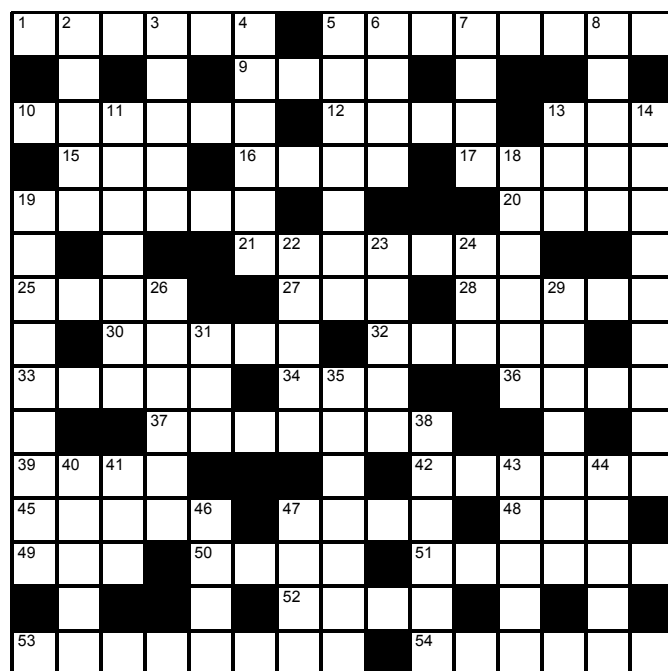
Puzzles

answers P26 (and don't cheat)

Crossword

Across

- 1 Tarry
- 5 Confirmed by formal sanction
- 9 Affirm with confidence
- 10 Keen insight
- 12 Passport endorsement
- 13 Sailor (coll)
- 15 Employ
- 16 Act
- 17 Clamour
- 19 Quickly (mus)
- 20 Shoal
- 21 Reddish purple
- 25 Jetty
- 27 Vast expanse
- 28 Make amends
- 30 Closes up
- 32 Singer
- 33 Unlucky contestant
- 34 Girl's name
- 36 Skin eruption
- 37 Church reading-desk
- 39 Docile
- 42 Proverbs
- 45 Ooze out
- 47 Fine sediment
- 48 Annoy
- 49 Excavate
- 50 Love god
- 51 Essay on a theme



- 52 Solitary
- 53 That missed out
- 54 Sooner than

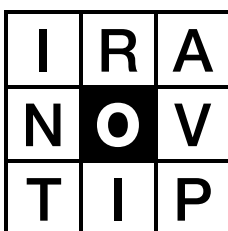
Down

- 2 Bring upon oneself
- 3 Sports
- 4 Haphazard
- 5 Retaliation for wrongs
- 6 Dry

- 7 Modern Persia
- 8 Efface
- 11 Of no advantage
- 13 Neckwear
- 14 Reinvigorates
- 18 Public speaker
- 19 Inhabited
- 22 Advantage
- 23 Consumer
- 24 Make brown
- 26 Staggered

- 29 Fruit
- 31 Land measure
- 35 Deer's meat
- 38 Talk much about little
- 40 Recognised truth
- 41 Drinking vessel
- 43 Ward off
- 44 Banishment
- 46 Slippery catches
- 47 Alone

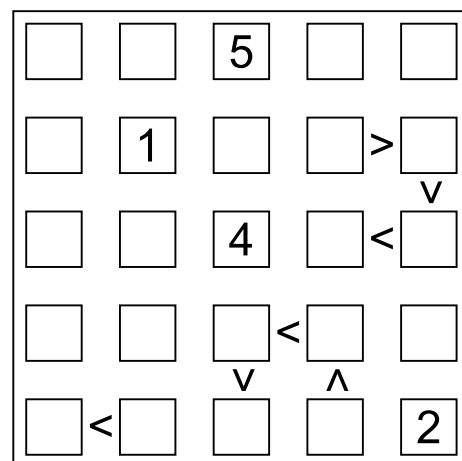
Target Time



Average 26, Good 30, Excellent 35+

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

Futoshiki



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

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Laugh Lines... at the Melbourne Cup (so let's horse around!)

Horses for courses

A bloke speeds down the freeway doing 140kph towing a horse float on Melbourne Cup day. He gets pulled over by an angry policeman, who demands answers.

"Look," says the bloke. "I'm a stablehand for David Hayes and I have to drive one of his four horses to Flemington – they're running in the Melbourne Cup."

The police officer is impressed. He looks in the float hoping to see the horse that may win the Cup, but to his horror the float is empty.

The officer says: "What's going on?"

And the bloke says: "Oh no! David Hayes has given me the scratching."

Horse talk

A horse walks into a bar and puts \$100 on himself to win the Melbourne Cup. The girl behind the bar is amazed.

She says: "I can't believe it!"

The horse says: "What, that I can talk?"

And the girl says: "No, that anyone with your form would bet on you."

Protest

Freddy, the hot favourite for the Melbourne Cup, is running fifth at the 800 metre mark when he suddenly gets hit in the head by a leg of ham. Undeterred, Freddy plugs away when he gets hit by some coleslaw, and it runs all over his face.

The jockey keeps control, but at the 600m Freddy gets whacked by a bread roll. Despite this, he moves closer to the race leader; he's second. Then whack again! A salt & pepper shaker hits him right between the eyes, then a tube of salad dressing and slices of salami and fritz.

Once more, the jockey steadies Freddy and starts his big run wide. Freddy gives everything he's got, but unfortunately gets beaten by a short half head. Freddy's trainer and owners are furious, but the jockey says: "Don't worry, I'm going to protest."

The trainer says: "Protest? You were three metres apart as you crossed the line."

And the jockey says: "I know boss, but Freddy was hampered between the 800 and 600 metre mark."

Poor form

After getting beaten in a photo finish in the race that stops a nation the favourite is booed off the course and walks into a pub on Flemington Road.

The favourite says: "Give me four pints." The horse downs them quickly, and turns around

and notes that everyone in the pub is looking at him. They can't believe the favourite is in there having a beer after getting beaten – and talking.

"What are you all looking at?" the horse shouts. The barman says: "How can you be like this, you just lost the Melbourne Cup in a photo finish and all these poor souls lost their money betting on you?"

The favourite says "sorry" and shouts: "The drinks are on me."

The barman says: "Hey, big fella, that was really nice of you."

The horse says: "You wouldn't say that if you knew what I have got."

The barman says: "What, a sore leg... is that why you lost?"

And the horse says: "I've only got \$2 and a carrot."

Needed the run

There is a cricket field next to the Flemington racetrack, and this poor lonely horse sticks his head over and watches the cricket match. "He says to one of the captains: "Any chance of a game?"

The team is short, so the captain reluctantly gives the horse a go, and for bit of a laugh he sends the horse out to open the batting.

First ball – whack! The horse hits four runs. Second ball – six! The horse makes 20 runs off the first over. The captain is at the other end and he is amazed. "Look," he says to the horse. "You're in good form so what say I dab at the ball and we go for a quick single to give you the strike?"

The horse agrees. Next ball the skipper pokes the ball through mid-off, and yells: "Run!" Incredibly, the horse just stands there, and the captain gets run out. He yells at the horse: "Why didn't you run you stupid horse?"

And the horse says: "If I could run I'd be in the Melbourne Cup not playing this silly cricket game."

Dad jokes...

What do race horses eat? Fast Food.

What do you call a scary female horse? A nightmare.

What do you call a horse that can't lose a race? Sherbet.

How did the cowboy ride into town on Friday, stay for three days, and ride out on Friday? His horse's name was Friday.

What do you call a horse wearing Venetian blinds? A zebra.

What street do horses live on? Mane St.

When do vampires like horse racing? When it's neck and neck.

What will the Melbourne Cup winner do after the race? Watch Neigh-bours.



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Puzzle answers (from P22)

aport, apron, into, iota, iron, nitro, noria, nova, panto, parton, patio, patron, piano, pinto, pion, piton, pivot, point, porn, port, prion, PRIVATION, proa, ratio, ration, riot, roan, rota, taro, tarpon, topi, tora, tori, torii, torn, trio, trona, vapor, vino, virion.

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U	S	E	D	E	D	N	O	I	S	E			
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Falling over for a pizza

It's not in the league of the Leaning Tower of Pisa, but most people on the Fleurieu Peninsula lean towards Nino's making the best pizza.

The Italian restaurant in Albert Place has also been a landmark in its own right – for Victor Harbor since 1974, and with the new tourist season upon us it is something in which current owners Simon and Kirsten Pitman take much pride.

They appreciate the accolades and awards, but believe with this recognition comes a responsibility to present Victor Harbor and the region in the best possible light – excellence with their food and service, and being open seven days a week and at night.

Nino's is about to enter its 45th year as a restaurant serving the south coast, a venture started by Nino Solari at the top end of Ocean St, and 35 years in its current site. In those days none of the 'Bunnings-like' outdoor plastic chairs and tables seemed to match colour.

Nino always stocked Schweppes drinks, far above the Coca-Cola range, much to the ire of its rep – Simon. It was a case of supporting the local distributor.

"I started out working as a chef at my parents' restaurant at Waterfall Gully, but things changed and I moved here in 1999 working for Coke as an area manager for five years," Simon said. "I had Nino's as a customer, and to me Nino was a really mean, grumpy old man who just hated Coke. He had his own two-door fridge... there was just one shelf that was Coke. He would never order more.

"It was a run-down shop, yet it was going absolutely nuts; everybody loved his pizzas. But that was basically it. In those days there was just pasta; no other mains, no scaloppinis, no chicken salads, nothing.



"One day my parents noticed this handwritten sign in the window corner, 'business for sale'. My parents said I should buy it with them (in the interim). I didn't want Nino to know I wanted to buy the business because I thought he wouldn't sell it to me. I thought he hated me.

"Nino totally changed when he didn't see me as the Coke rep; I saw the nice, caring lovable side in him. For two months every spare moment I worked in the shop just to learn it, and he was really nice to us. When we bought it he gave me all the stock for nothing. It was Easter when we took over and he worked with us for two weeks.

"The secret to success at Nino's has been consistency. We go on the McDonald's theory. When you go there it does not matter where you are in the world it tastes the same. Same recipe, same restaurant set-up, same flavours. This develops a habitual memory with the customers, so when they get hungry and your taste buds start flowing you think of things that you eat a lot.

"In time we changed the menu. We developed a customer service 10-point plan when serving which we still use today. We cleaned up the place 10 years ago and we like to think have turned it into a fine dining restaurant."

Simon and Kirsten have three children, Michaela, 14, Riley, 12 and Molly, 2½, so

naturally they understand the significance of being a fine family restaurant. They also see the importance of supporting the community in countless ways, including giving full-time and mainly casual jobs to more than 300 young people over the journey who have appreciated the work experience, indeed the money for those doing university studies.

A normal week is employing four full-time and another 20 or more casual staff to have the restaurant open every day of the year except Christmas Eve, Christmas Day and Boxing Day.

Kirsten said having a business is about serving the community and working with it, and there has always been a sense of pride in helping young people develop work ethic and people skills.

"We feel a sense of responsibility, definitely, when it comes to knowing that visitors to our beautiful town may judge it on your business," Kirsten said.

"We worry that if visitors come through here and find everything shut they will never come back. "This is about the town of Victor Harbor and its surrounds. We are proud to live here. It is a sense of responsibly to have a positive reflection of our town."

The commitment has extended to Simon and Kirsten's other business in Ocean St – Loco, a fun and fresh Mexican restaurant. The principles of excellence are retained, qualities that have earned Nino's rave reviews over the years including best pizza in South Australia in 2011, being a national finalist for Best of the Best Pizza Competition 2010, and outstanding ratings from Australian Good Food & Travel Guide 2016, and listed in the top 10 best Italian restaurants in Australia.

And unlike Nino's when Mr Nino Solari himself was there, you can be guaranteed there is a bottle of Coke in the fridge. ■

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The Snowman

(MA15+) Drama, mystery starring Michael Fassbender, Rebecca Ferguson, Charlotte Gainsbourg. Detective Harry Hole links a woman's disappearance to an elusive serial killer who only strikes in the wintertime. He soon becomes embroiled in a deadly game of cat-and-mouse as the murderer deliberately taunts and torments him. Ends November 8.

Home Again

(M) Drama, romance starring Reese Witherspoon, Michael Sheen, Nat Wolff and Lake Bell. 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.

Thor: Ragnarok

(CTC) Sfi-fi movie starring Chris Hemsworth, Cate Blanchett, Tom Hiddleston and Tessa Thompson. Imprisoned on the other side of the universe, the mighty Thor finds himself in a deadly gladiatorial contest that pits him against the Hulk, his former ally and fellow

Avenger. Thor's quest for survival leads him in a race against time to prevent the all-powerful Hela from destroying his home world and the Asgardian civilisation.

The Final Portrait

(M) Drama, biography starring Armie Hammer, Geoffrey Rush. Alberto Giacometti, the famous artist, bumps into his old friend, the American critic, James Lord, 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 by the request and as the days go by and turn into weeks and weeks seemingly with no end in sight he realises his entire life has been hijacked by this erratic genius. The portrait continues to ebb and flow.

Bad Moms 2

(CTC) Comedy starring Mila Kunis, Kristen Bell, Jay Hernandez Mums Amy, Kiki and Carla rebel against the challenges and expectations of the Super Bowl for moms: Christmas. As if creating the perfect holiday for their families isn't hard enough, they'll have to do it while hosting and entertaining their own respective mothers when they come to visit. Commences November 3.

Murder on the Orient Express

(CTC) Mystery, crime movie starring Judi Dench, Kenneth Branagh, Johnny Depp, Daisy Ridley and Michelle Pfeiffer. A lavish trip through

Europe quickly unfolds into a race against time to solve a murder aboard a train. Everyone's a suspect when Detective Hercule Poirot arrives to interrogate all passengers and search for clues before the killer can strike again. Commences November 10.

This Beautiful Fantastic

(PG) Drama, fantasy starring Jessica Brown Findlay, Jeremy Irvine. A contemporary fairy tale revolving around the unlikely of friendship between a reclusive young woman with dreams of being a children's book author and a cantankerous widower, set against the backdrop of a beautiful garden in the heart of London. Bella Brown (Jessica Brown Findlay) is a beautifully quirky young woman who dreams of writing and illustrating a successful children's book. When she is forced by her landlord to deal with her neglected garden or face eviction, she meets her nemesis, match and mentor in Alfie Stephenson (Tom Wilkinson), a grumpy, loveless, rich old man who lives next door and happens to be an amazing horticulturalist. Commences November 10.

Suburbicon

(MA15+) Drama, thriller starring Matt Damon, Julianne Moore, Oscar Isaac. Directed by George Clooney. Suburbicon is a peaceful, idyllic, suburban community with affordable

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homes and manicured lawns – the perfect place to raise a family, and in the summer of 1959, the Lodge family is doing just that. But the tranquil surface masks a disturbing reality, as husband and father Gardner Lodge must navigate the town's dark underbelly of betrayal, deceit and violence. Commences November 10.

Justice League

(CTC) Sci-fi, fantasy move starring Ben Affleck, Gal Gadot, Henry Cavill. Fueled by his restored faith in humanity and inspired by Superman's (Henry Cavill) selfless act, Bruce Wayne (Ben Affleck) enlists newfound ally Diana Prince to face an even greater threat. Together, Batman and Wonder Woman work quickly to recruit a team to stand against this newly awakened enemy. Despite the formation of an unprecedented league of heroes it may be too late to save the planet. Commences November 17.

Daddy's Home 2

(CTC) Family, comedy movie starring Mark Wahlberg, Will Ferrell, John Lithgow, Mel Gibson and John Cena. Directed by Sean Anders. Father and stepfather Dusty and Brad join forces to make Christmas time perfect for the children. Their newfound partnership soon gets put to the test when Dusty's old-school, macho dad and Brad's gentle father

arrive to turn the holiday upside down. Commences November 24.

Wonder

(CTC) Drama starring Jacob Tremblay, Julia Roberts, Owen Wilson and Bryce Gheisar. Directed by Stephen Chbosky. Based on the New York Times bestseller, Wonder tells the incredibly inspiring and heartwarming story of August Pullman, a boy with facial differences who enters fifth grade, attending a mainstream elementary school for the first time. Commences November 24.

The Man who Invented Christmas

(PG) Drama, biography starring Dan Stevens, Christopher Plummer, Jonathan Pryce. Using real-life inspiration and a vivid imagination, author Charles Dickens brings Ebenezer Scrooge, Tiny Tim and other classic characters to life in "A Christmas Carol," forever changing the holiday season. Advanced screenings November 24-26. Commences December 1.

Goodbye Christopher Robin

(CTC) Biography starring Domhnall Gleeson, Margot Robbie, Kelly Macdonald. After leaving London for the English countryside, writer A.A. Milne starts to spin fanciful yarns about his son's growing collection of stuffed

animals. These stories form the basis for "Winnie-the-Pooh" and "The House at Pooh Corner," published respectively in 1926 and 1928. Milne and his family soon become swept up in the instant success of the books, while the enchanting tales bring hope and comfort to the rest of postwar England. Commences December 8 (one week only).

Paddington 2

(CTC) Fantasy, adventure. Paddington undertakes a number of odd jobs to afford a unique pop-up book from an antique book shop - a present for Aunt Lucy on her 100th birthday. But when the book is stolen, it's up to Paddington and the Browns to find the thief. Commences December 9.

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A Nino's special

Simon and Kirsten Pitman proudly run Nino's, a great Italian restaurant in Albert Place, Victor Harbor. Simon, a chef, has kindly provided us with two of his favourite recipes.

He has a dish for Spaghetti Carbonara, which got its name from the coal miners, and American World War I soldiers who mixed egg and bacon into pasta whilst serving in Italy. Simon rates this dish as one of Italy's classics, and at Nino's they only make it the classic way. He has also offered us his favourite bolognese sauce. Named after Bologna, Italy, this dish is traditionally served with Tagliatelle(ribbons).



Spaghetti Carbonara



My Best Bolognese Sauce

Ingredients

1 brown onion
1 carrot
2 celery sticks
1kg mince (beef 80%, pork 20%)
100ml white wine
2lt crushed tomato

Method

Fry the mince in oil, salt and pepper until dark brown (make sure you season the mince as you cook it). Remove mince from pan.

Add oil, and your veg that has all been finely chopped. Fry until soft and has colour. Add cooked mince and wine to pan. Cook again until wine reduced.

Add tomatoes, fresh parsley, basil, dried oregano and cook on low for a couple of hours. Stir every 10 minutes. Season to taste at end.

Tips

You may add a little sugar to sweeten tomato if needed. Mince needs to be cooked really well – this is where the flavour comes from.

Ingredients

(for one serve)
50g bacon or pancetta
200g cooked pasta
Oil
30ml cream
30g parmesan cheese
1 egg

Method

Cook pasta in slated boiling water for about 8 minutes. It must be al dente "to the tooth" - still firm to bite, but not raw. Strain water and leave pasta in bowl, tray or pot, but not in the water (if you leave it in water it will absorb it and overcook the pasta).

In a pan with minimum oil, fry your chopped bacon or pancetta to golden brown to get some caramelisation. Add one serve of pasta (about 200g cooked) to the pan with

50ml water and toss until water is almost reduced. Add parmesan cheese and cream and stir into the pasta. Add pinch of salt to taste. Once this is brought to the boil remove from heat and let cool for 1-3 minutes. Separate your egg, discard white, and place yolk in pasta. Stir vigorously into the pasta resulting in a smooth, silky finish.

Tips:

Do not cook or add your yolk in too hot – it will scramble the egg and go gluggy (drop the yolk on pasta rather than the pan). If too runny, ladle excess out of pan. If too thick, stir in small amount of water to finish. Always use farm free-range eggs for best flavour and finish.

Warm Chicken & Mango Salad

Ingredients

Dressing

1 long fresh red chilli, seeds removed and sliced finely
4 tablespoons olive oil
1 tablespoon honey
pinch salt

Place all ingredients in a bowl and whisk with a fork.

1 chicken breast, skin removed
1 tablespoon oil for frying
3 spring onions, sliced
100g baby spinach leaves
1 mango, peeled and sliced

Method

Rinse and dry baby spinach leaves and place in a large bowl.

Heat oil in a frypan on medium heat. Add chicken and cook, turning occasionally until golden brown on each side and cooked through (approximately 5 minutes each side). Remove from pan, and cut into 1cm-thick strips.

Stir dressing through washed and dried baby spinach leaves, then add warm chicken slices, sliced mango and spring onion, stirring to coat with dressing.

Salad can also be served directly onto plates - place wild rocket and/or spinach leaves on plate. Arrange chicken strips, sliced mango and spring onions on top, and drizzle dressing over the salad. Serves 2.

Note: Wild rocket leaves may be used in place of baby spinach leaves, or they may be combined.



Please wash your hands

Following a high recorded rate of influenza cases the Food Safety Information Council is urging people to wash their hands correctly.

1. Wet your hands and rub together well to build up a good lather with soap as the suds help to loosen the bugs. Do this for at least 20 seconds and don't forget to wash between your fingers and under your nails.
 2. Rinse well under running water to wash away the bugs from your hands
 3. Dry your hands thoroughly on a clean towel for at least 20 seconds – a hand dryer may take a little longer.
- Always wash and dry your hands before handling, preparing and eating food, and after touching raw meat, fish, shell eggs or chicken.

A SEAFOOD PLATTER BY THE SEA SPRING DOESN'T GET ANY BETTER!

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